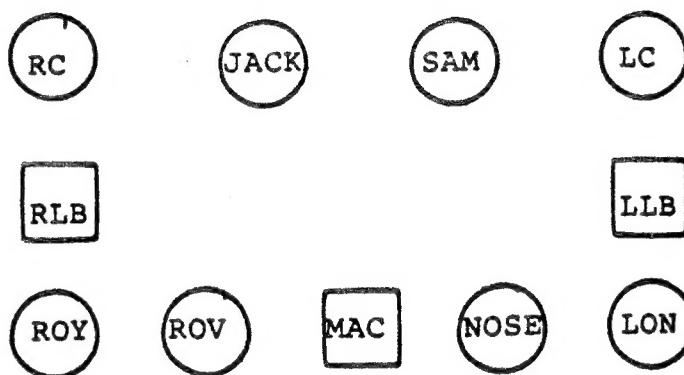


Indianapolis Colts

34

INDIANAPOLIS COLTS
DEFENSE



Line Up Hands On Knees Facing In.

Signal Caller Calls The Defense - Example:

1. Alignment (If Other Than 30)
2. Linebacker In Rush (If Other Than 30)
3. Coverage
4. Line Charge (If Other Than Tough)

Examples:

1. Zone Tough
2. Stub Star
3. Buck Dakota with a "YOU"
4. Mac Banjo with "Lex or Rex"
5. 54 Open Backer Star with a Wing

Everyone must clearly hear defense called - If someone does not hear defense, he must call "Check" and have Signal Caller repeat it. Before breaking huddle all players must fully know defense called.

It is necessary that we get into and out of the huddle as soon as possible in order to enable our entire defensive unit to get set at the Line of Scrimmage and to allow the necessary time to make adjustments and/or additional call.

Huddle discipline is necessary and the player in charge must get complete concentration by everyone. The lack of discipline only leads to mental errors and defeat.

On the command "Break" everyone clap hands and assume your defensive alignment. Linebackers call formation name and direction of formation strength. Secondary repeat strength call. If slot make sure it is a Slot Call.

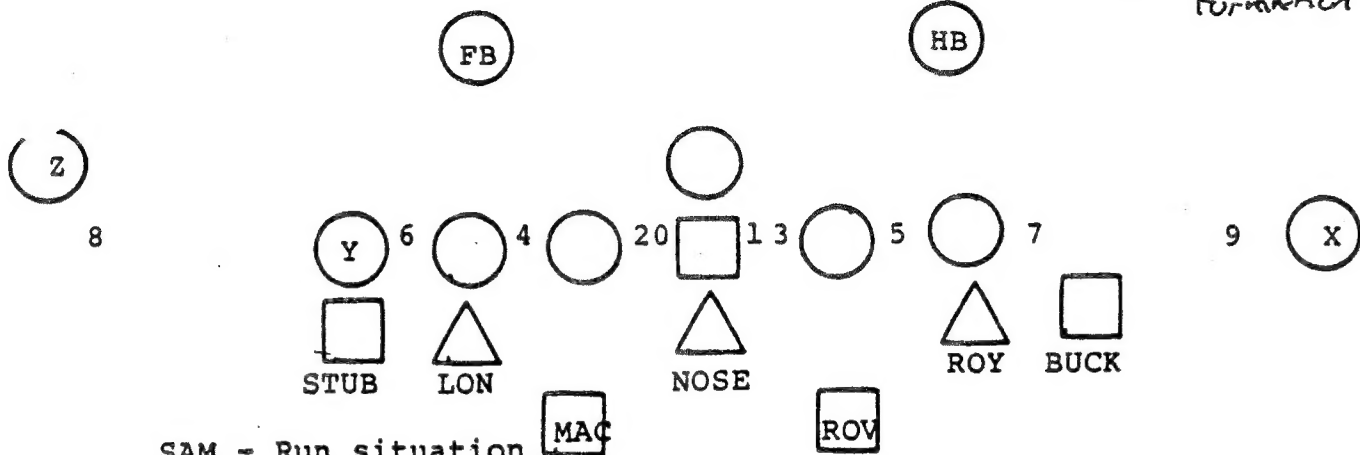
Example:

1. "Red Left"
2. "Ace Slot Right"

DEFENSIVE TERMINOLOGY
REGULAR FORMATION

Red Left
Formation

2



SAM - Run situation
may determine depth

△
LC

8-9 yds.
deep -
shade
inside



SAM
6-7 yds. deep shade
outside on Star.
Head Up on M/M and
on Waco.

Head up on
Offensive Guard
10-11 yds. deep

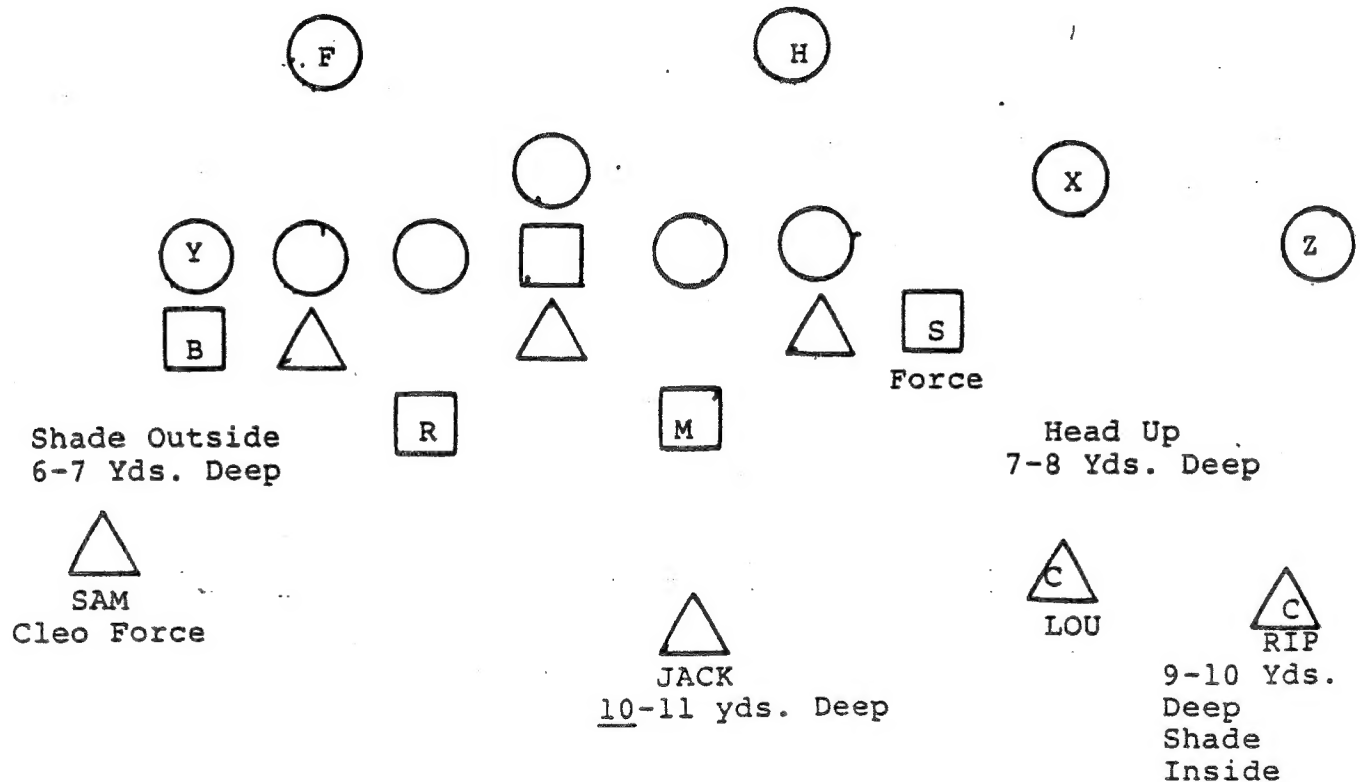


JACK
Start at 10 yds.



RC
8-9 yds. deep
shade inside.

VS. SLOT



DEFENSIVE TERMINOLOGY

The following terms will be used almost daily in practice. Know what they mean.

BLUE TERRITORY - Offense coming out from goalline to 50 yard line.

RED TERRITORY - Offense going from 50 yard line to goalline.

TOUGH TERRITORY - Short yardage situations in side red 10 yard line.

SITUATION - Down & distance - position on the field - time remaining in game.

NORMAL SITUATION - 1 & 10 2nd down when run-pass ratio is 50% - 50% regular personnel are in the game.

NICKEL SITUATION - Long yardage 3rd or 2nd down with passing personnel in game.

RED 20 SITUATION - Offense used inside red 20 yard line.

2 MINUTE SITUATION - Offense use during last 2 minutes of first half of game to have ball into scoring position.

SHORT YARDAGE - Offense use on 3 & 1 or 3 & 2 anywhere out in the field.

GOALLINE - Offense used inside red 5 yard line. When we will be in goalline defense.

STUB - Outside linebacker on the strong side of formation. When stub is a defensive call - strong backer becomes a pass rusher.

BUCK - Outside linebacker on the weak side of formation. When buck is a defensive call - weak backer becomes a pass rusher.

MAC - Cavity linebacker on the strong side of formation when mac is a defensive call - strong cavity linebacker becomes a pass rusher.

ROVER - Cavity linebacker on the weak side of formation when rover is a defensive call - weak cavity linebacker becomes a pass rusher.

FORMATION RECOGNITION - Name formation and strength - locate where wide receivers are located.

MOTION - Movement of backs or T.E. to strong side of formation.

PEEL - Movement of backs or T.E. to weak side of formation with no change of strength.

(continued)

ZOOM -XOM -YOM - Movement of wide receiver or tight end. (Z-X-Y)
Cross formation that changes strength.

ZIN - XIN - YIN - Movement of wide receiver, tight end, or back t
RIN - FIN - HIN moves them from an outside alignment inside (in)

ZOT -XOT - YOT - Movement of wide receiver, tight end, or back the
ROT - FOT - HOT moves them from an inside alignment outside (out)

PRESS BLOCK - Block of pair or wing down on the stub backer create
a run lane outside of stub. Sam wants to kick all
running plays outside.

SLAM BLOCK - Block of outside receiver, tight end, or back down o
stub creating a press situation - Sam must kick
play outside.

CRACK BLOCK - Blocking outside receiver, tight end, or back when
he comes from outside and blocks on Sam or any
linebacker.

DROP BACK PASS - Action of Quarter Back when he takes ball straig
back.

PLAY PASS - Action of backs that show run but becomes a pass.

DASH - Action of Quarterback that take ball straight back, then
rolls out behind the blocking of a back or tight end with
guard pulling.

FLEE FLICKER - A Play pass where back will throw the ball back to
quarter back after running a play fake.

TAKE AWAYS - Forced fumbles - interception•steal football

BUZZ - Term used for linebacker pass drops and the relationship a
deep backs.

COVERAGES AND (AUDIBLES)

FREE (FRESNO) - JACK FREE (COVER 1)

DAKOTA (DALLAS - DENVER) - DOUBLE ZONE (COVER 2)

BRONCO - DAKOTA - DOUBLE ZONE WITH DOUBLE ROTATION TO SLOT - WITH SAFETIES DEEP.

BANJO - SAM AND JACK COMBO ON Y (COVER 3 BANJO)

CHARLIE - SAM AND JACK COMBO ON Y AND 1B (COVER 3 READ)

MOMBO - BANJO WITH STEELER BUZZ (COVER 3 MOMBO)

WACO (WICHITA) - WEAKSIDE ZONE (COVER 4)

ZEBRA - COMBO ON Z WITH CORNER AND JACK (COVER 5)

JACK - COMBO ON Z WITH CORNER AND JACK - CORNER USE ROLLBACK TECHNIQUE

ZEB - COMBO ON Z CORNER - SAM I&O (COVER 5 I&O)

STAR (STORM) - STRONGSIDE ZONE WITH WANDA BUZZ (COVER 6)

SLIDE - STRONGSIDE ZONE WITH STEELER BUZZ (COVER 6S)

SKI - SAFETIES KEY - BOTH SAFETIES KEY FB FOR ROTATION (COVER 6 SKI)

ZONE - STRONGSIDE ZONE - ALL BACKERS IN BUZZ PATTERN READ PICK UP (COVER 6 LOAD)

MARK ZONE - STRONGSIDE ZONE - ALL BACKERS IN BUZZ WITH DROPS TO LANDMARKS (PURE ZONE)

TRICK - COMBO ON X - CORNER ROLL UP - JACK DEEP - (COVER 7)

POW - COMBO ON X - CORNER - USE ROLLBACK - JACK DEEP (COVER 7)

WEB - COMBO ON X - CORNER - JACK - I&O ON X (COVER 7)

RAM - 5 UNDER MAN COVERAGE WITH 2 DEEP SAFETIES (COVER 8)

RAM I&O - 5 UNDER MAN COVER - WITH SAFETIES I&O WITH CORNERS (COVER 8 I&O)

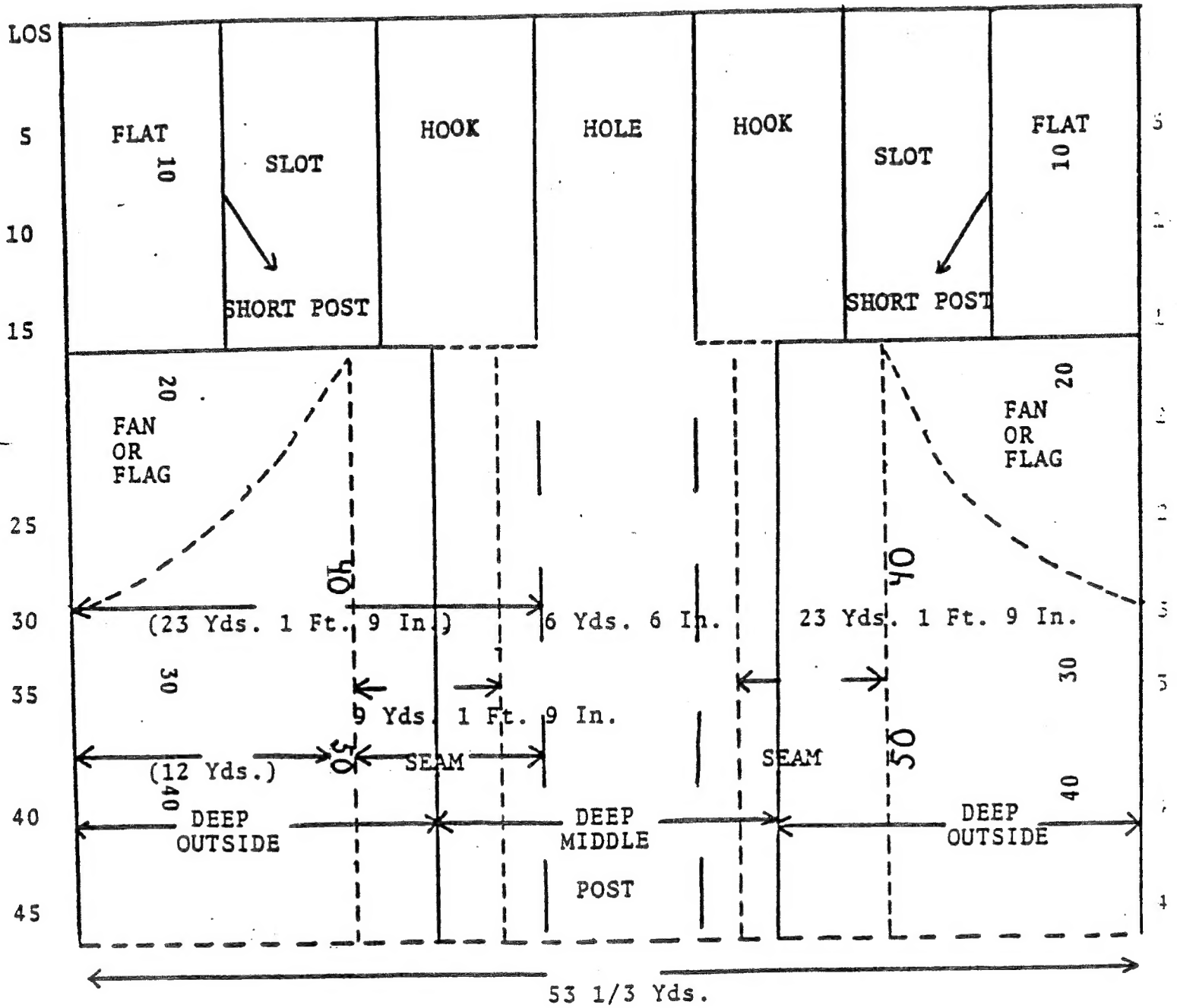
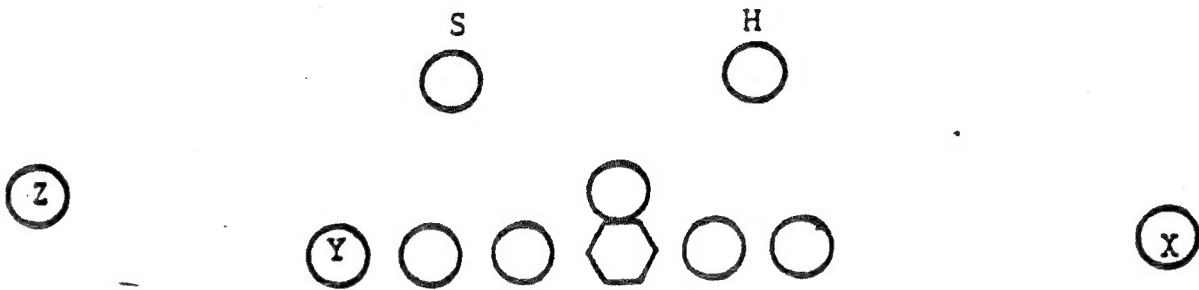
30 1/3 - 5 UNDER MAN COVERAGE WITH 3 DEEP ZONES

MABEL - MAN WITH NO FREE SAFETY (COVER 9)

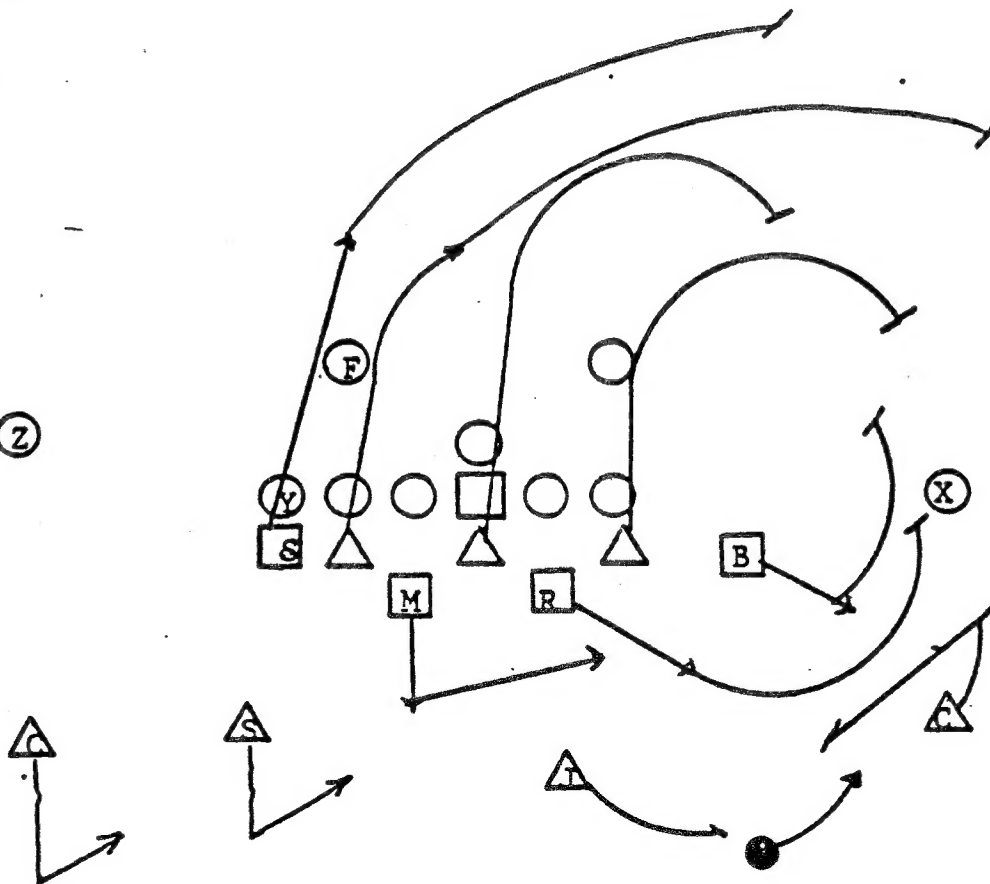
JILL - JACK FREE WITH 5 MAN RUSH (COVER 11)

REDSKIN - MAN WITH JACK FREE - SAM IN HOLE (COVER 11)

PASS DEFENSE ZONES-NAMING ZONE AREAS

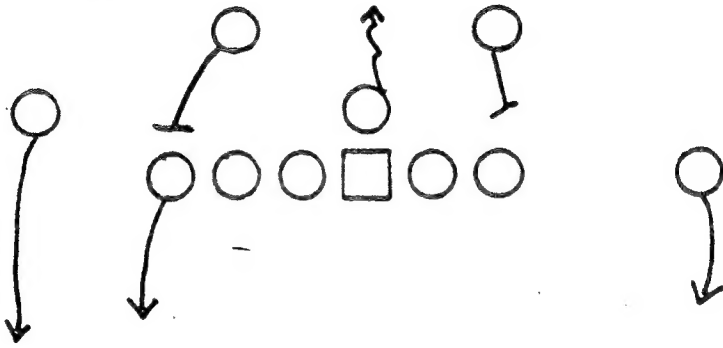


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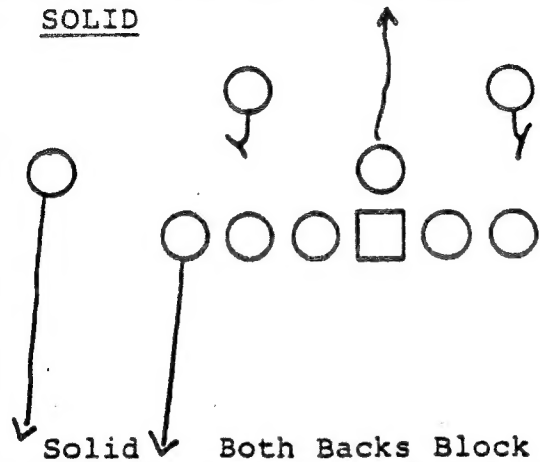
- 1) Ball thrown to your side - peel to your side.
- 2) Ball thrown to opposite - hustle to that side.
- 3) Take ball to near sideline.
- 4) Block intended receiver.

QUICK



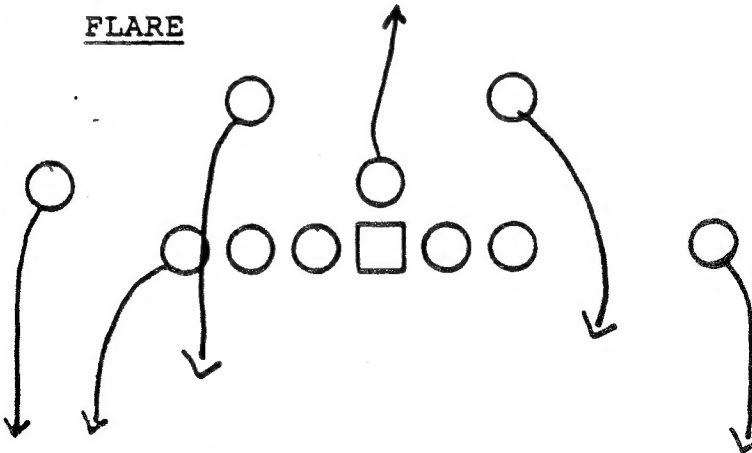
QB 3 Step Drop Aggressive Protection

SOLID



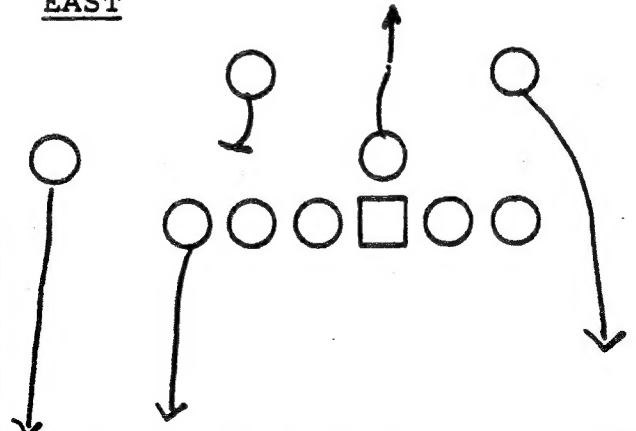
Solid Both Backs Block

FLARE



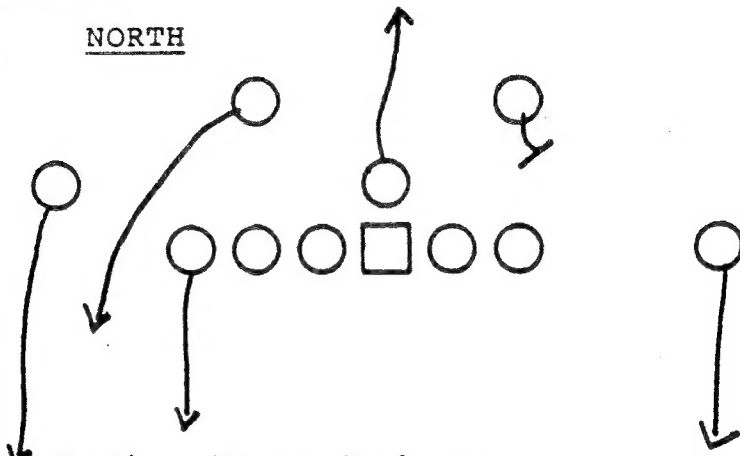
Flare - Both Back in Pattern on their side

EAST



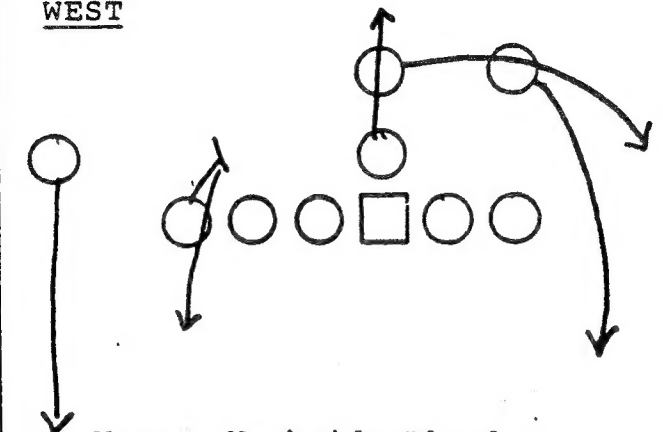
East - Weak Back out

NORTH



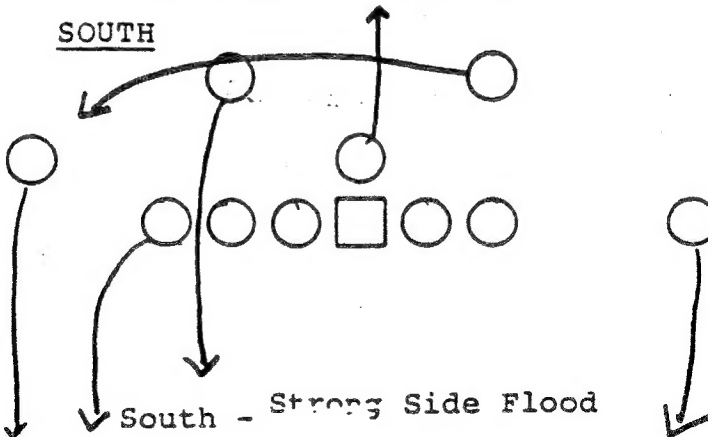
North - Strong Back out

WEST



West - Weakside Flood

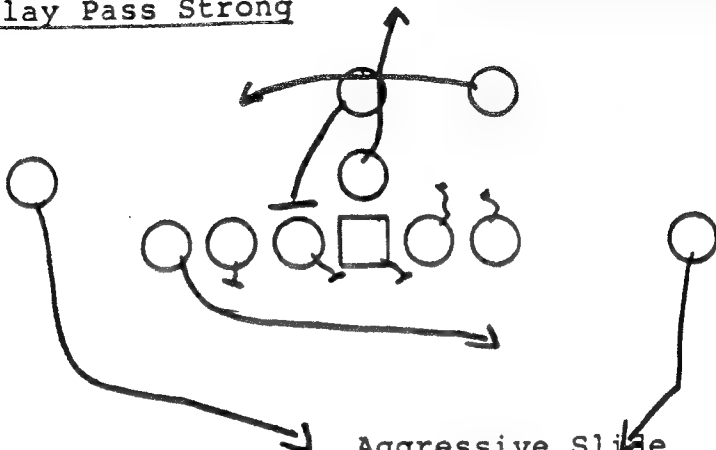
SOUTH



South - Strong Side Flood

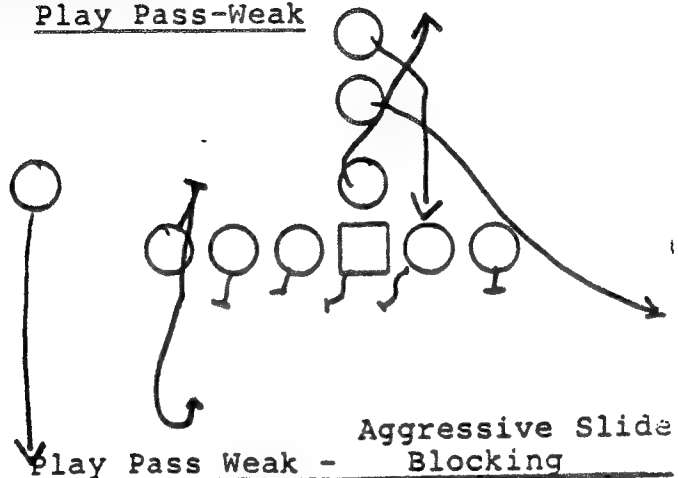
ACTION PASS RECOGNITION AND IDENTIFICATION

Play Pass Strong



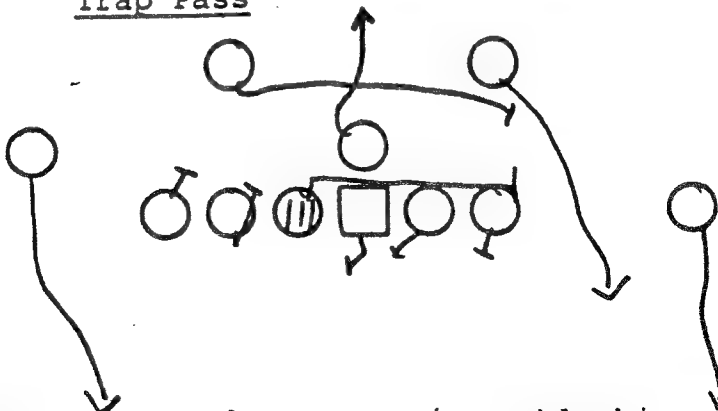
Play Pass Strong - Aggressive Slide Blocking

Play Pass-Weak



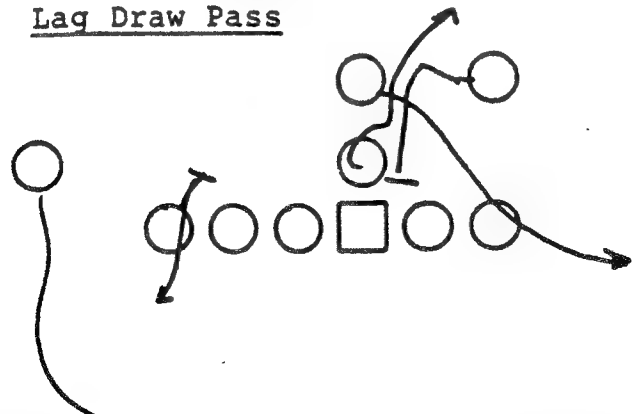
Play Pass Weak - Aggressive Slide Blocking

Trap Pass



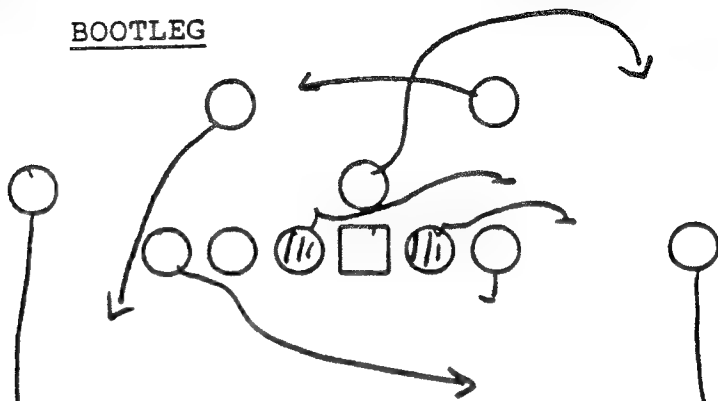
Trap Pass - Play pass w/trap blocking

Lag Draw Pass



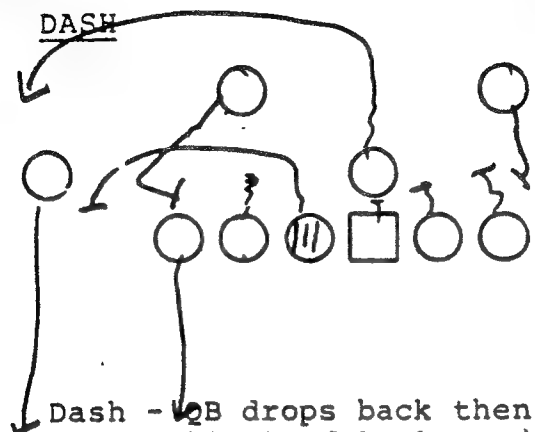
Lag Draw Pass - Play Pass w/Lag Ac

BOOTLEG



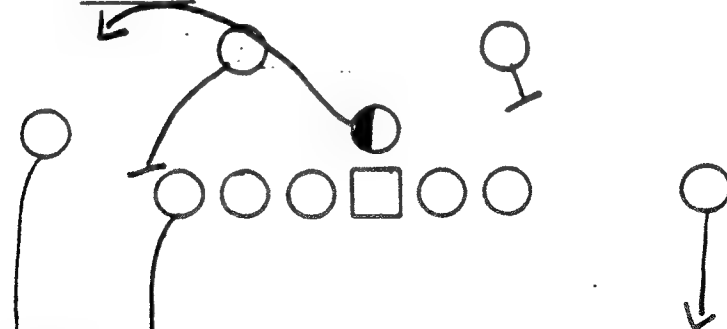
Bootleg - QB Rolling away from both backs

DASH



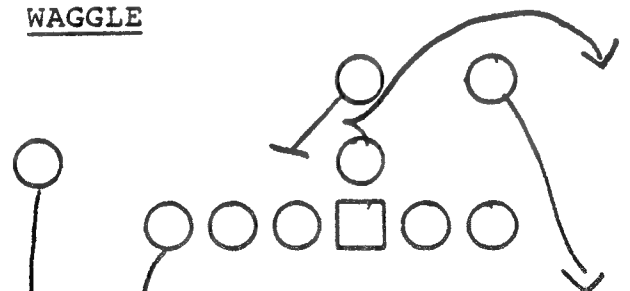
Dash - QB drops back then rolls behind block of back & guard

SPRINT



Sprint QB come out behind back to perimeter

WAGGLE



Waggle QB fakes to one back then rolls behind other

Z AND X PASS ROUTES

Z OR X
QUICK SCREEN

HITCH

6 YARDS QUICK OUT

1

CHINA

2 QUICK SLANT

2 Cross

10 YARDS OUT

3 Quick (3Q)

4 HOOK

4 CURL

14 YARDS

15 YARDS OUT 3

6 IN

16 YARDS

5 COMEBACK

20 YARDS

Y SAIL

7 CORNER

8 POST

9

OUTSIDE

STREAK

INSIDE

OUTSIDE

Z AND X PASS ROUTES

INSIDE

6 YARD QUICK OUT (1)



QUICK SCREEN



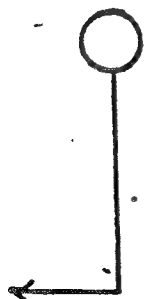
QUICK HITCH



QUICK SLANT (2)



10 YARD OUT



OUT & UP (39)



HOOK & GO (49)



HOOK (4)



15 YARD OUT (3)



CORNER (7)



POST (8)



CURL (4)



20 YARD COMEBACK (5)



STREAK (9)



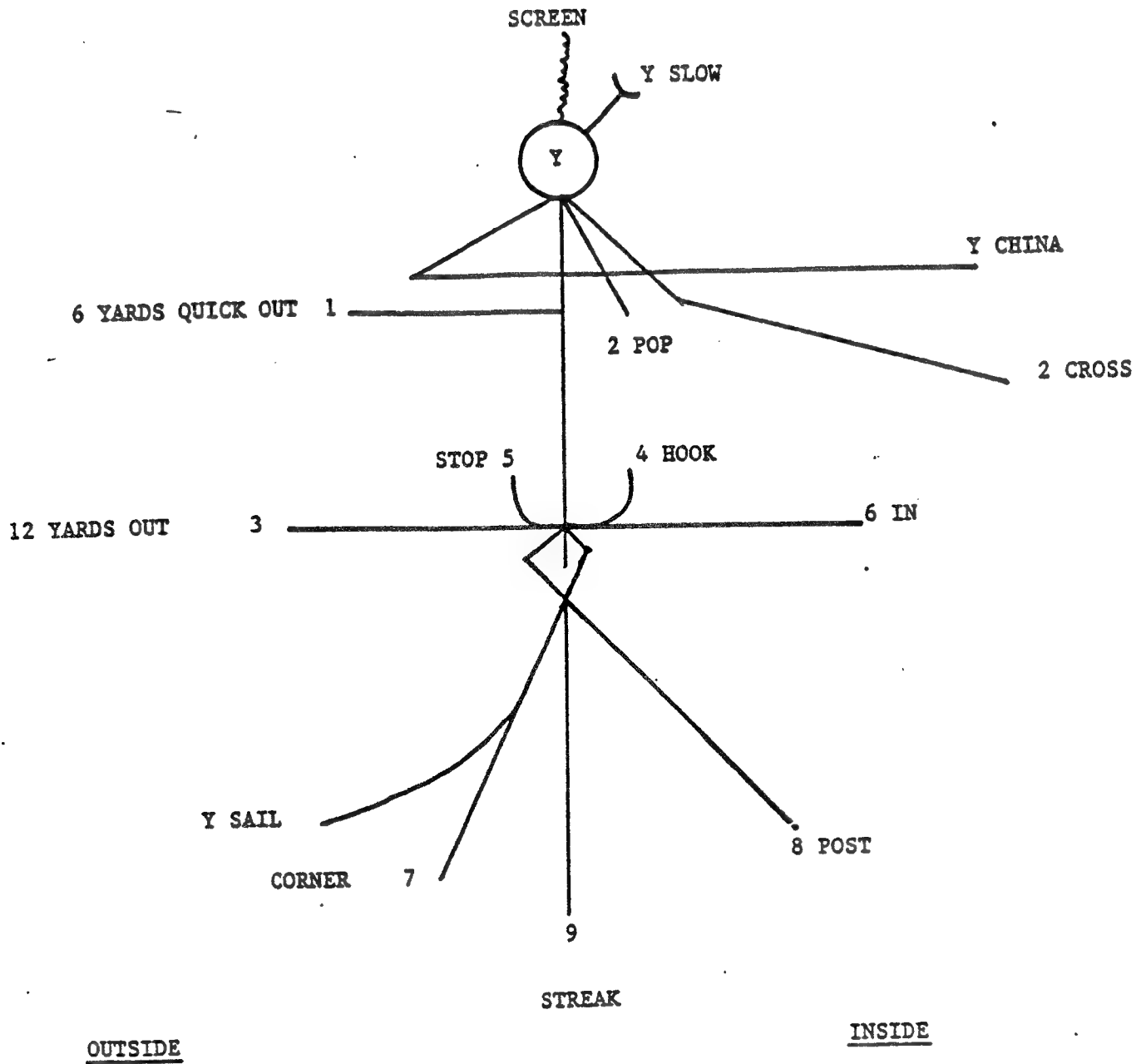
(9) INSIDE



IN 16 YARDS (6)



Y PATTERNS



Y PASS ROUTES

OUTSIDE

INSIDE

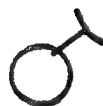
QUICK OUT (1)



SCREEN



Y SLOW



POP (2)



12 YARD OUT (3)



(1)



0-1



2 CROSS



CORNER (7)



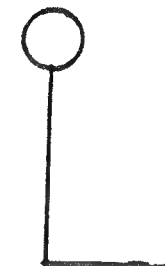
STOP (5)



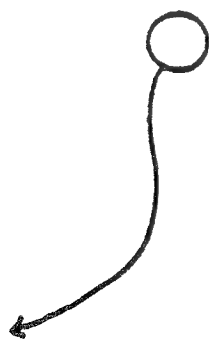
HOOK (4)



IN (6)



Y SAIL



STREAK (9)



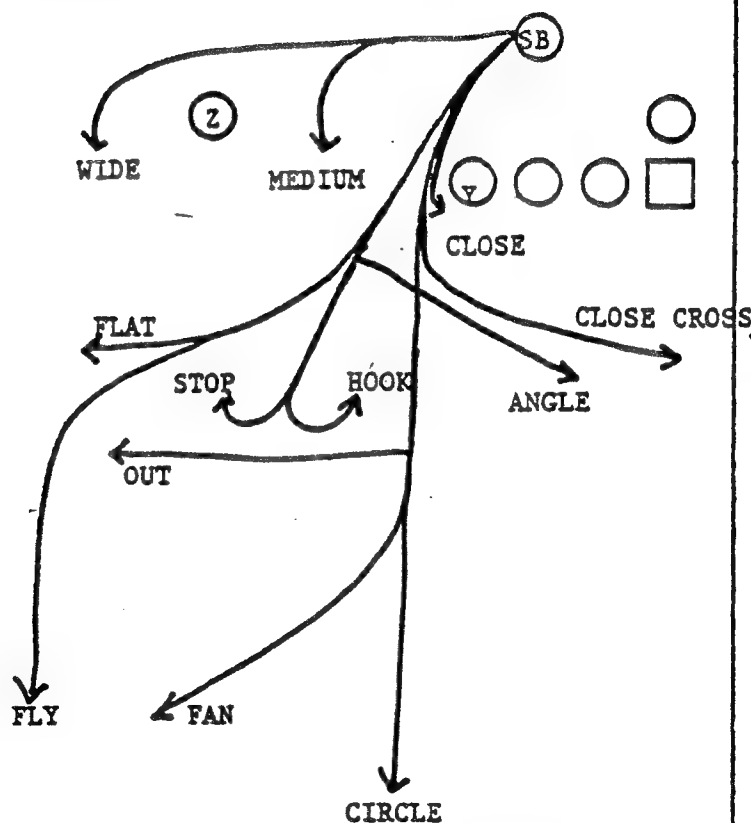
4-9



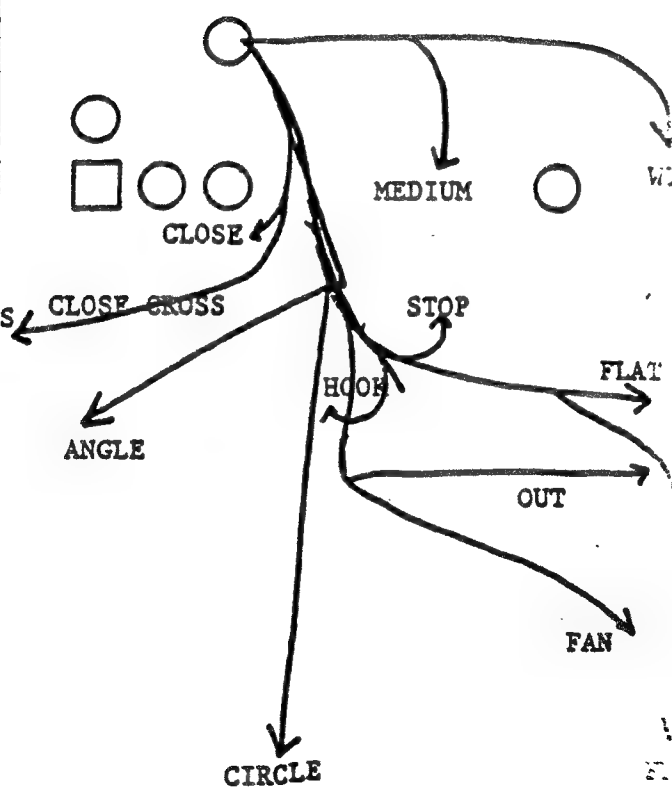
POST (8)



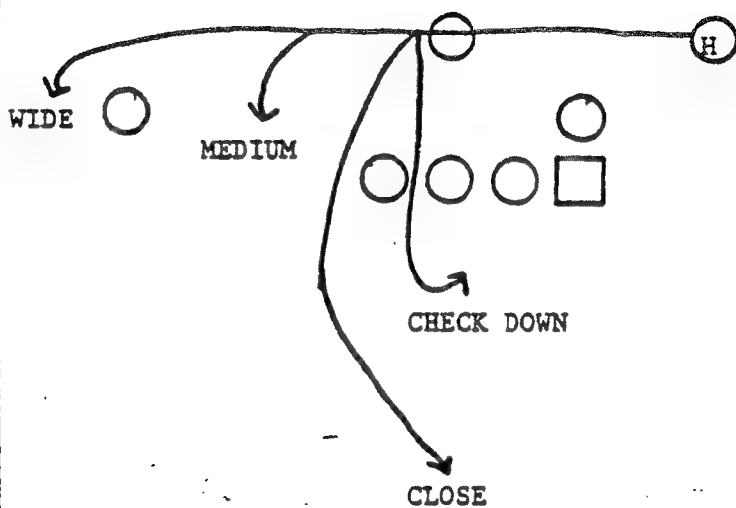
FB & HB FLARES

STRONG BACK STRONG
FLARE ROUTES

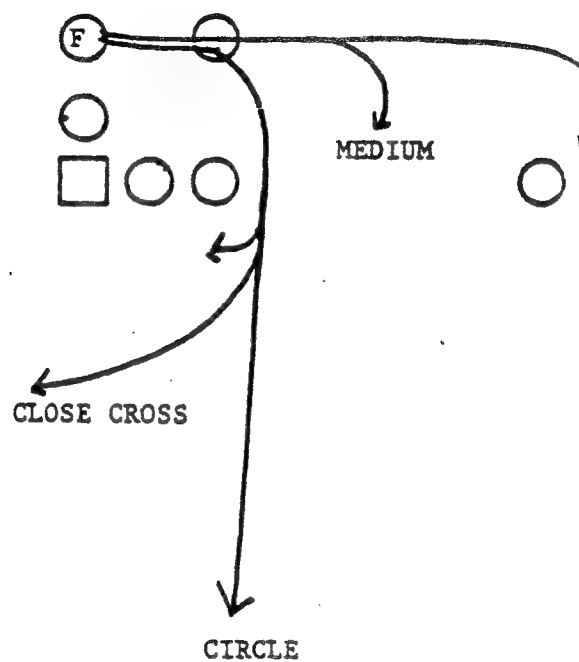
HB WEAK FLARE ROUTES



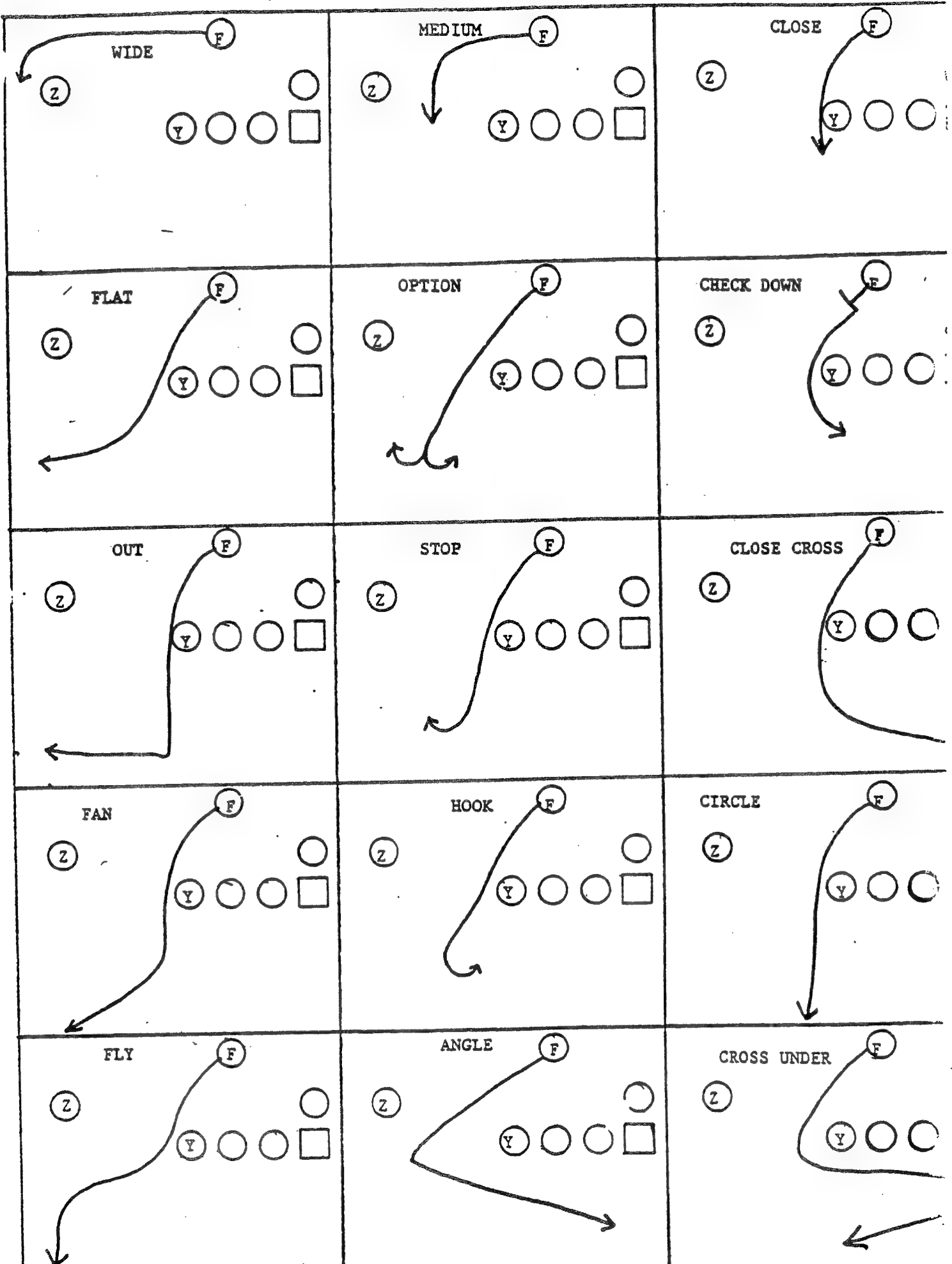
HB SOUTH STRONG FLOOD FLARE ROUTES



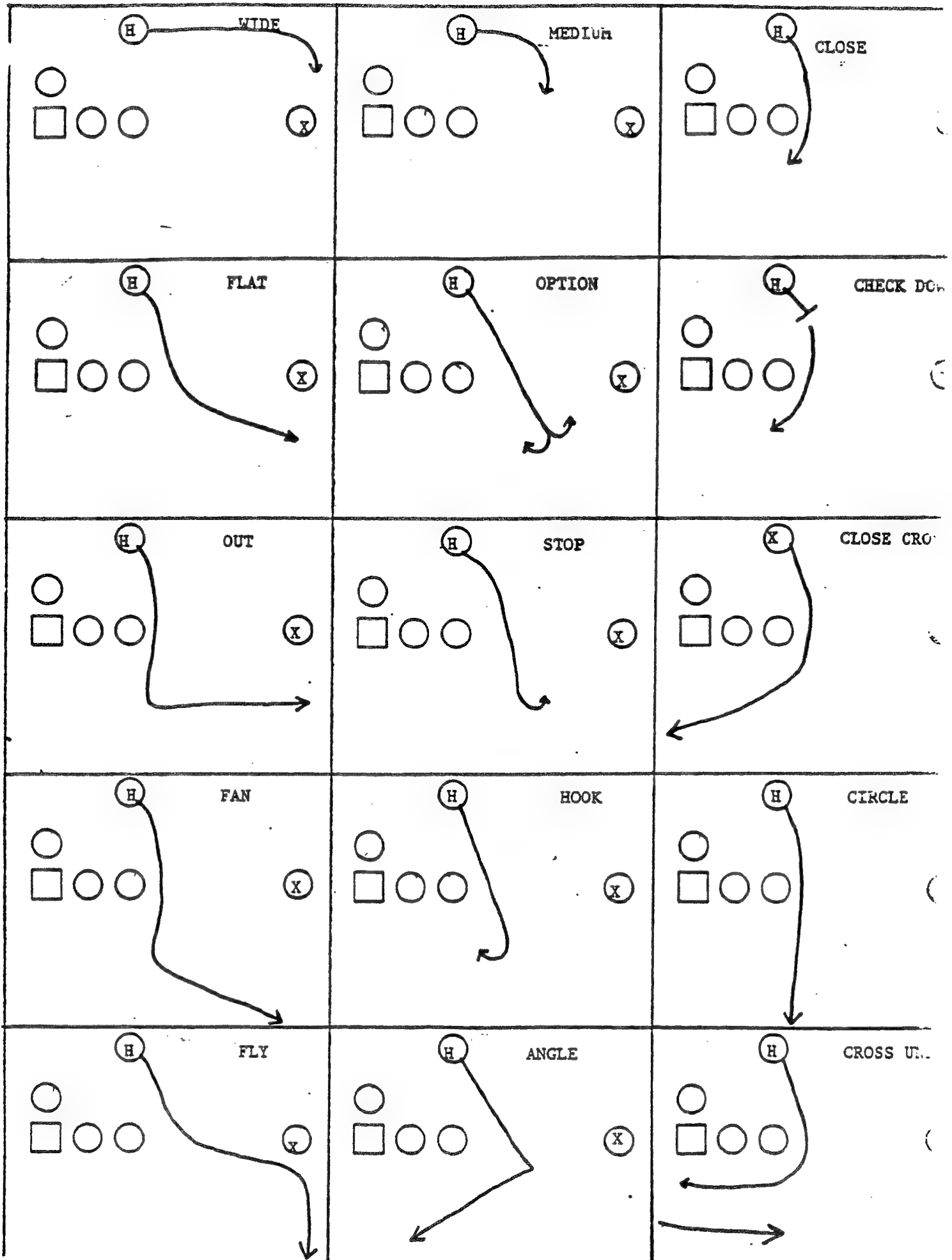
FB WEST WEAK FLOOD FLARE ROUTES



FB FLARES STRONG SIDE



HB FLARES



INTRODUCTION

<u>DISCIPLINE</u>	<u>CONSISTENT</u>	<u>DESIRE</u>	<u>PRIDE</u>	<u>BEST</u>
<u>AGGRESSIVE</u>	<u>EXECUTION</u>	<u>ATTITUDE</u>	<u>INTELLIGENCE</u>	

The above are a few of the KEY words in describing GREAT Defensive Backs. The following pages in this notebook discuss the terminology, techniques and coverages that we will play this fall. It is YOUR responsibility to know your coverages and the TEAM concept of our defenses.

Great Defensive Backs come in all sizes. A winning attitude and the desire to be the BEST are the most important ingredients!

1. Know your alignment!
2. Recognize the formation!
3. Key and responsibility!
4. Technique!
5. Situation (Field position, down and distance)!
6. Communicate!
7. Punish the Receivers!
8. Use the sideline!
9. Pass, pass!
10. Ball, Ball!
11. Bingo, Oskie, Fire!
12. Go to the ball!
13. Think INTERCEPTION!
14. Study the QB and Receivers!

SECONDARY TEACHING PROGRESSION

1. Calls and Communication (Strength Coverage and Force)
2. Formation Recognition (Alert for Checks)
3. Alignment (Must be Exact)
4. Stance (Butt down, head up, weight forward, relaxed)
5. Read Step & Backpedal (Footwork)
6. Key (Primary & Secondary Keys)
7. Responsibility (Execute)
8. Adjustments (Anticipate & execute)

FORCE CALLS

SAM

- Safeties have primary force on perimeter run.
- Corners have secondary force on perimeter run.

CLEO

- Corners have primary force on perimeter run.
- Safeties have secondary force on perimeter run.

BACKER FORCE

- Backer has primary force on perimeter run.

SAM

- Safety Force

CLEO

- Corner Force

BACKER

- Stub or Buck force.

SLICE

- Backer force - in relation to alignment Vs. a tight end or near position.

Skiz - safeties - primary full from deep post.

PRIDE IN DEFENSE

1. Our first priority is to prevent the score.
2. Every Defensive Back must take pride in his coverage and other defensive skills.
3. A good defense will keep any game respectable. There is always hope for victory when there is CONFIDENCE in the defense, even when the team is behind by a close score.
4. Remember the defense can score FIVE (5) ways, and the offense only 3 ways.

DEFENSE CAN SCORE:

1. Blocked Punt
2. Fumble
3. Pass Interception
4. Safety
5. Punt Return

OFFENSE CAN SCORE

1. Pass
2. Run
3. Field Goal

5. Great pass defenders are a combination of the following:
 1. Aggressiveness
 2. Quickness
 3. Alertness
 4. Concentration on Keys
 5. Always hustling when the ball is in the air
 6. Determination to get the football

Pre Snap Reads

1. Huddle call
2. Down - Distance - Time
3. Formation recognition - Proper match ups.
 - A. Split of WR - routes & motion alerts
 - B. Poc of Y
 - C. Backfield set
 - D. Offensive linemen - weight distribution (learn).
4. Force calls - concentrate on defense and responsibility, communicate with teammates verbally & use hand signals.
5. Anticipate motion adjustments.
6. Pre snap look - Disguise - never sacrifice coverage for disguise - coordinate disguise with secondary as a unit.
7. Field and personnel - Know your opponent.

Snap Reads

1. Run & Pass Keys
 - A. Pass - pattern read
 - Run - block combinations
2. React to responsibility
3. Communicate - pass - routes and ball
run - crack - block combinations
4. Release of Tight End and Wide Receiver
 - A. Initial move off line
 - B. Running form
 - C. Type of Fakes
 - D. Favorite routes by receiver and area of field.

It is necessary that the Defensive Backs learn to communicate with each other and with our LB's during the course of the ball games. The importance of talking to one another cannot be stressed enough. The communication we need begins when our opponent breaks the huddle and deploys in the offensive formation. We must be certain that we recognize the offense formation and the eligible Receivers. A Back in motion requires us to make adjustments and this must be made known to all. In addition, our force calls must be made clear to the Safety, Corner and OLB on each side.

Once the ball is snapped and the play begins, we must continue to communicate. When run shows we should be shouting "RUN". If we see a crack-back block developing on a LB'er or Safety, we should yell "CRACK". Reverse, counter, and draw are other play recognition terms that we should be shouting in order to assist each other in defending against the run.

If we recognize that a play is a pass, shout it out, "PASS". Our underneath coverage (short zone responsibility) often times has difficulty seeing Receivers so it will improve their ability to cover if our men covering the deep zone will call their routes, "IN", "OUT", "HOOK", "CHINA" and "CORNER" on the deep routes.

We must recognize the importance of talking. During practice is the time to perfect the ability of our Secondary and LB'ers to communicate without the distraction of crowd noise.

During the game, however, the ability to be heard is more difficult so we want them to SHOUT! We felt this is a very important area of our TEAM DEFENSE!

ALIGNMENT

Disciplined alignment is crucial if we are going to be successful against the variety of passing attacks, running attacks, and special plays we will see during the course of the season. Most of our success will depend upon our ability to disguise our coverages so that the opponents cannot tell by alignment what our coverage will be. In order to do these things, we will play many by the type of formation to your side and the coverage called.

*Leverage

* Imperative to be set before the
offense.
(urgency)

STANCE

1. A proper stance will help you to be PHYSICALLY AND MENTALLY alert.
2. Don't become careless in taking your stance. Work for "Cat-Like" reflexes.
3. Position of body & arms.
 - a. Knees bent

(STANCE CONT.)

- b. Hips are lowered
- c. Weight on forward foot and balls of feet.
- d. Shoulders forward
- e. Hands hanging loosely
- f. Eyes focused through receiver and on the QB.
- g. Alert but relaxed
- h. Outside foot lined up to receiver's inside foot.
- i. Basic depth for corners 8 to 9 yards, Sam 5 - 7 yards, Jack 11 yards.

READ STEP

On the snap of the ball, each defender will have some type of pre-determined footwork he must execute in order to put him in the best position to read and react to the offensive play. The Read Step will allow us to maintain a relationship to the Receiver and leverage on the run while giving us time to read our keys for run-pass and flow. This step is extremely important if we are to be a well-disciplined unit. It is also a reminder that our responsibility is pass first and run second. Upon completion of the Read Step, we can now react to our keys.

- A. The main difference between a shuffle and backpedal is the width of our base. While executing the shuffle we want a wider base. When backpedaling we want a more narrow base in order to lengthen our stride.
- B. It is essential to:
 - 1. Shuffle at the same level as your stance.
 - 2. Movement occurs by pushing off the balls of your feet.
 - 3. Upper body lean with shoulders over toes.
 - 4. While in a shuffle, your up-foot should always remain up.

The basic technique that must be mastered in order to play in the Secondary is the backpedal. The ability to backpedal with maximum speed, to adjust your body position without crossing your feet and be able to change direction as quickly as possible are essential for you to play in our Secondary.

1. Start

- a. Push off front foot.
- b. Step with back foot.
- c. Keep your shoulders down and in front of hips.
- d. Never step forward with either foot.

2. Sprint

- a. Reach back with each step.
- b. Keep your shoulders in front of your hips.
- c. Move arms in normal running manner.

3. Change of Direction

- a. Know your angle.
- b. Step with the leg opposite the direction you want to go.
- c. Do not cross your legs.

4. Roll over step

- a. When you are forced to get out of your backpedal you must take a short rocker step and roll over the foot in the direction that you want to go. You should throw your shoulders and hips in the desired direction.

5. Rollback

- a. If you are forced out of your backpedal by a receiver and the receiver then breaks in the opposite direction, the defensive back should use the twirl technique to recover lost ground. This technique requires the defender to roll his back to the receiver, get his head around quickly and drive to the interception points.

6. Footwork

- a. Practice hanging at original depth reading QB and maintaining inside position on receiver until the critical points of short patterns are eliminated.
- b. Avoid crossing feet, stumbling, taking extra steps, as the result of your footwork.
- c. When covering an out, use the proper footwork. We will drill to stay tight with the receiver. This applies to the corners. Don't lose ground because of improper footwork.
- d. Practice running backward everyday so that you can improve. Learn something everyday to make you a better pass defender.

KEY

The ability to read your keys for run or pass responsibilities is the most important mental skill to master. It is important to the success of the defense to read our keys correctly. The Secondary will have a primary key and secondary key depending on the coverage and formation.

(BACKPEDAL CONT.)

RESPONSIBILITY

Execution of individual responsibility is a must for Team Defense. You must know your assignment VS. run and pass before the snap of the ball. We like to predetermine things as much as possible. Hopefully, this will enable us to get better execution and reaction. Repetition is normally a key factor in our getting the type of execution in order to take care of our responsibility.

Adjustments

Execution of individual adjustments to motion is a must for Team Defense. The individual must know the game situations and adjustments that can be made. He must always be able to relax and concentrate under these circumstances reacting with speed and quickness. Anticipate the possibility of movement by formation recognition and splits of wide receivers.

A. Read - be able to read specific keys and diagnose play.

1. Keys

- a. Number 2 receiver to ball
 - 1) Block of Y - release of Y
- b. Flow of Backs

2. Pattern Read

- a. Must read routes of receivers to assure you are not covering space and to get better reaction to the ball.

B. Reaction

- 1. When to move - before ball is snapped, receiver moves out - move with him. When receiver moves downfield, move backward.

2. While moving to position

- a. Be aware of eligible receivers and when they break.
- b. Read your keys
- c. Pattern read

3. Position and Approach on Receivers

- a. Know who you are and who he is and react accordingly. Don't get in a foot race you don't want to be in.
- b. When the corners are playing a Hitch, force the receiver inside. Don't go for the inside fake and have him turn outside of you where there is no help.
- c. When playing an out, make sure you go through the receiver.
- d. You will be told the proper position for each type of pass thrown. Work to maintain this proper position on the receiver and you will be able to increase your effectiveness.
 - 1) Recognition Point - This is the point where the defensive back recognizes the route that the receiver is running.
 - 2) Interception Point - This is the point where the ball will usually be caught by the receiver. It is usually a point six yards in front of the receiver.
- e. Know the receiver's speed and patterns you have to cover.
- f. When playing an OUT, CURL, STOP, HITCH, and you have approached from the inside, remember you can reach across farther by using your inside arm. In addition you have more force to knock the ball downward.
- g. On Cleo force the runner inside on wide plays and make him cut back where you have help.

- h. When a receiver fakes, merely drop back another step, but do not decrease your speed or get turned. Try to keep an angle on receiver.
- i. You can get too close as well as you can get too far.
- j. The distance you play from your man varies with his ability and your ability, score and time of game, plus down and yardage. Usually receivers that do not have great speed and depend upon faking to get open are bothered by being played close.
- k. Bounce out a receiver occasionally to make him question what is coming next.
- l. Get in the habit of covering your receiver closely and staying tight on him. Hound him all over the field. You will find that it is actually easier to cover this way once you get the practice.
- m. Once you start up to stop a play -- you must be aggressive and not hesitant.
- n. When going after the ball and you have the receiver covered, but are directly behind him, try to keep one arm on each side of the receiver as you go through his shoulders to the ball. Since almost anything is allowed if you play the ball, the defender should go through the receivers shoulders and go for the ball rather than the arms, or try to tackle.
- o. When covering "Z" or "X" on inside cuts you must narrow your angle. You may have him covered, but will be two yards away with the same alignment unless you get in his path and narrow your angle. You then force the receiver to shorten his course and as a result present the quarterback with a different picture. As a result you are in a better position to cover. This applies primarily to the Corners.
- p. Use the sideline and end zone line.

C. PLAYING THE BALL

- 1. Always play the ball at its highest point.
- 2. When the ball is in the air, play the ball, not the receiver, and play it aggressively.
- 3. Aggressiveness is one of the hardest things to teach on pass defense. It starts in practice against your own teammates.
- 4. Go up with two hands to break up a pass - two hands are better than one.
- 5. Knock the ball down toward the ground, not up in the air.
- 6. When the quarterback attempts to over-throw a receiver stay after the ball, you may be able to get an interception. Don't quit.

7. Remember, you have equal rights for the ball once it is in the air, so play rough, but always play the ball not the man.
8. Here is something that can really help you. Practice developing a "burst of speed" to the ball once it is in the air. Five or six strides with quick recovery at near top speed is a tremendous advantage.
9. There will be times when you cannot get two hands on the ball and will be forced to use one hand. When you use one hand there is a tendency to tip the ball. Make sure you knock it down toward the ground.
10. Converge on the ball once it's in the air.
11. Look through the receiver into the passer.
12. Be rough and aggressive many of these receivers are inclined to be timid. Make them respect you.
13. Be ready - to intercept a pass if it's deflected --- don't quit.
14. Yell ball, ball, ball, when a teammate is covering on long passes and has his back turned. Don't yell too soon because your teammate will turn to look and this will slow him down.
15. Try to improve your peripheral vision in practice. All good defenders have this.
16. There are times when you may have your man covered but, due to the type of pass thrown, it will be completed. A technique that is very effective, is to slap at the ball, before the receiver can put it away. In most instances, he will drop the ball. You are still in position to make the tackle if he holds the ball. Perfect this technique when covering your own receivers. Quick hands are a great asset.

Stop!!!

D. INTERCEPTION

1. Watch the interception into your hands and then put it away.
2. Yell Fire, Bingo, Oskie on interception.
3. Practice making interceptions above head level. If you take it lower and wait, the receiver will usually get it.
4. When making an interception in a crowd be sure to twist at the same time your opponent is attempting to get it away from you. You will get the ball every time.

5. If we have two defenders covering one receiver, the one who is in position to intercept should yell "my my" meaning my ball. The other defender is right there and does not let up, but is ready for a deflected ball, block, or to help in any way. By doing this we will not be knocking each other off, and also increasing our interception chances.
6. Watch the nose of the ball on long passes to improve your judgment as to timing for an interception or to break up a pass.
7. After an interception most tackles are made by the intended receiver. The nearest back should block back on the intended receiver.
8. When you get an interception, go for the nearest sideline. Your yardage return will be greater by heading for sidelines.
9. Remember with man for man coverage you must use point vision on the receiver and peripheral vision on the ball.

E. HELPFUL HINTS FOR ALL DEFENSIVE BACKS

1. If you are having trouble covering a receiver, here is something that may help you. Concentrate solely on the receiver and nothing else, until he breaks. Concentrate On His Belt Buckle, NOT his feet or head. Dog Coverage Technique.
2. Many times a defender is beaten and faked because he is attempting to cover too much with his eyes, for example, the quarterback, offensive linemen and the receiver.
3. After the receiver breaks and only after you get in stride with him, should you look back for the ball. Your teammate will help you by yelling ball!!
4. Practice running backwards every day. You cannot get too much of this. There will be periods when we omit this because of other items, but in order for you to improve your footwork and coverage, you must run backwards every single day.
5. One on One(1 on 1) is still the best single coverage drill in football. Regardless of the type of pass defense, and even in a zone, it still involves man for man coverage. If you do not get enough 1 on 1, stay after practice. You must remain sharp, especially early in the week.

F. TACKLING

1. When tackling in the secondary, be sure. Sureness is better than how hard you hit them.
2. Ward off blockers with your hands. Try to hit and sift through blockers.
3. When defending the open-field, play blockers as long as possible.

4. If a lineman is downfield the possibility of a pass is eliminated. Defensive backs must develop peripheral vision of this type to immediately recognize a run or pass. Do it while working against our offense.
5. Never, never take for granted a man is tackled.
6. On hitches, hooks, curls and all short passes, hit the receivers hard. Jar him loose from the ball. Make him "hear footsteps".
7. If a receiver catches a pass in front of you, tackle him hard enough so that the next time he comes out he will be cautious. Tackle him just below the numbers if he is coming head on, or on the small of the back if he is reversed. Drive upward hard. Do not go to your knees.
8. If your receiver doesn't get up right away after you tackle him you will increase your effectiveness in covering him the next time. Slow him down by jolting tackles.

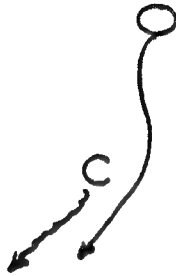
G. GOLDEN RULES OF TACKLING

1. You must have and develop a desire to tackle the man with the ball.
2. Don't reach for the ball carrier. (Hit through the belt buckle and downward).
3. Follow through. (Don't stop until the whistle sounds).
4. Lock hands or arms! (Then you KNOW you have him).
5. Keep eyes open. (Blind men can't tackle)
6. Study your opponent. Example limp legger, bull or twisting runners.
7. Try to be one jump ahead of your opponent. You must always know the following:
 - A. Down
 - B. Distance
 - C. Score
 - D. Time

H. SEARCH

If a Receiver has caught ball, try to rip it loose.

1. Types
 - a. coming through and pulling away from arm.
 - b. clubbing through arm of reception.
2. If your receiver is going to catch the ball and you have no chance to intercept or deflect pass, you should strip away the up field arm. This is the arm farthest from the flight of the ball.

1. INSIDE

Align 7-8 yards deep on the inside shoulder of the receiver. Read-QB for 3 step(Quicks). Attempt to maintain a 4 yard cushion and keep good body position with inside leverage. Use this technique when you have no inside help. Do not turn your hips until you are forced to do so by the receiver.

2. OUTSIDE

Align 7 yards deep on the outside shoulder of the receiver. Read QB for 3 step drop(Quicks). Maintain outside leverage along with good body position. Look at and concentrate on the receiver. Use this technique when you have inside help.

sideline rule.

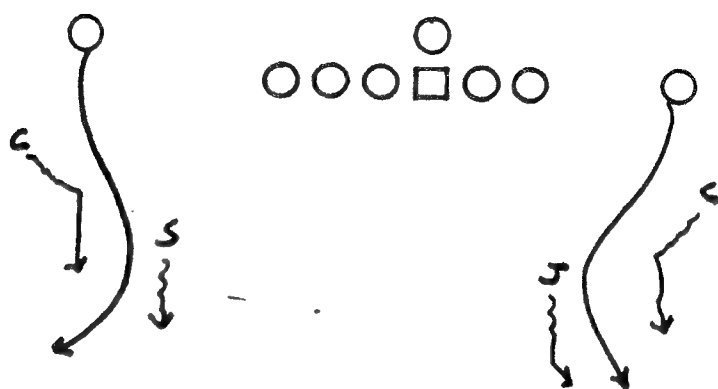
3. PRESS

Take inside shade alignment with squared up stance (split the receiver's stance to the inside. Never allow inside release. Only make contact with receiver if he comes to you or tries to release inside. Do not take the first outside fake. If he releases outside don't lunge for him. When the receiver comes to you deliver a blow with your hands(punch). You want to cover him on his hip. Present him from getting inside with body position on out route jump into throwing lane. If receiver does break underneath, sprint towards the interception point.

4. CATCH

This technique follows press principles but is played from a disguised alignment. The defender aligns 5 to 7 yards off the receiver and moves into the legal contact zone on or slightly before the snap. The defender should jam the receiver maintaining inside leverage and then run with the receiver

5. Ram I & O

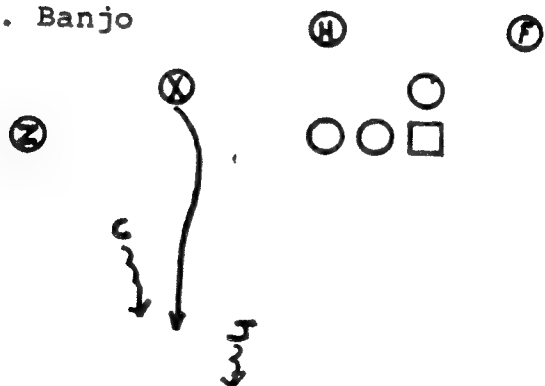


This technique allows for a double coverage on an outside receiver. We will bracket him with the corner in an outside leverage position & the safety has inside leverage.

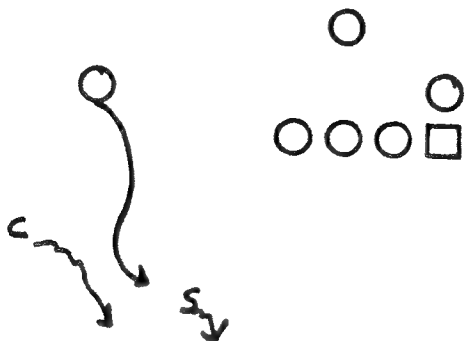
1. stay in your leverage position do not cut until a definite pattern commitment is made by the receiver.
2. When rec. makes a fake away - one defender that man should straighten back pedal & deepen. Anticipate receiver trying to split coverage & go deep

Same bracket technique as Ram I & O except it is applied to a number two receiver stg side.

6. Banjo

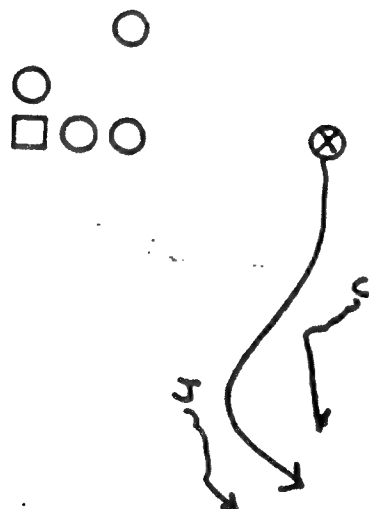


7. Zeb



Ram I & O technique stg. side

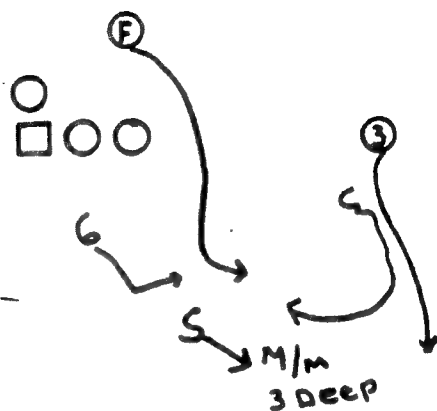
8. Web



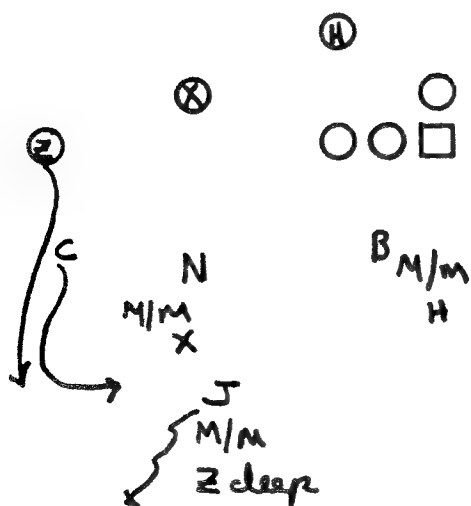
Ram I & O technique weak side

*Zeb & Web - we can bracket (Ram I or Hi-Lo wide receivers depending on game plan.

Nickel Pow



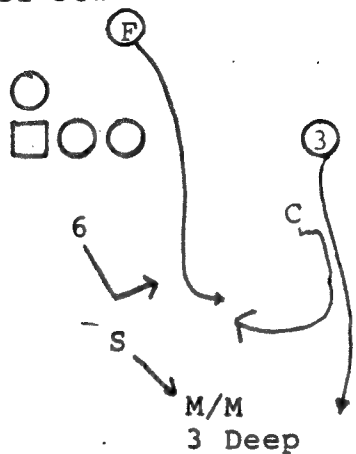
Jack



weak side technique - corner plays his ram technique & responsibility. When the receiver releases outside and goes up the field vertically the corner will roll off of WR & rob the 2nd rec. weak side. Safety will cover 3 M/M Deep. CP - corner roll back at 8 yards - opponent tendencies & pattern depth we will game plan roll back.

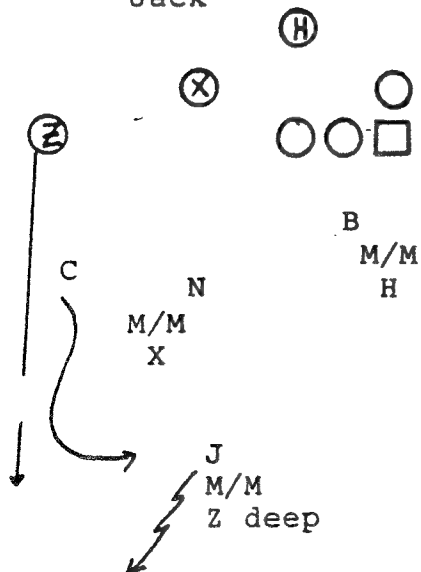
strong side technique - corner plays his ram technique and responsibilities. When the receiver releases outside and goes up the field vertically the corner will roll off WR & rob the 2nd rec. stg. side. Safety will cover 2 M/M deep.

Nickel Pow



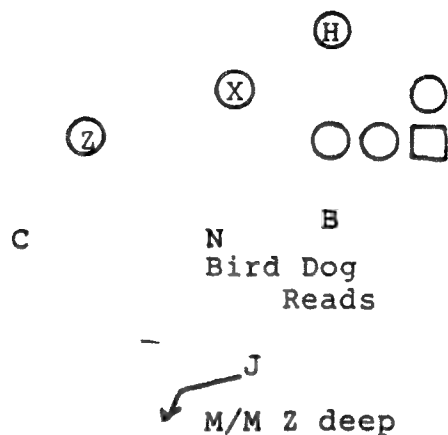
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Jack



strongside technique - corner plays his ram technique and responsibilities. When the receiver releases outside and goes up the field vertically the corner will roll off WR & rob the 2nd receiver strongside. Safety will cover 2 M/M deep.

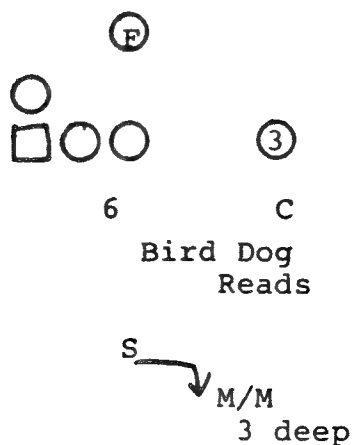
9 Nickel



Strong Corner: align & play Z using outside technique. Play Z M/M short Key 2nd receiver to Zone flat safety M/M Z Deep.

4 on 3 strongside ratio

10 Trick



Weak Corner: align & play X or 3 using outside technique. Play buddy technique. Key number 2 receiver weakside - play X M/M short safety plays #3 M/M deep. 3 on 2 weakside ratio.

Buddy Dakota techniques

- CP-a) weak corner squeeze china
- b) double in clamp on WR
- F blocks X 2 cross - corner squeezes - safety plays from top down - 6 zone off.

MAN TECHNIQUES

A. Man to Man Coverage Techniques:

1. Alignment Will depend on the defense called and the field position. Formation will also affect your alignment.
2. Key QB - 3 step drop - Man your covering
3. Concentration Concentrate your attention on the area of the Receiver's body between the bottom of his numbers and his belt buckle until he has made his final break.
4. Back Pedaling Backpedal straight back in relationship with the release of the Receiver you are covering. Weight should be carried low on the balls of the feet and you should have good body balance. Use good arm and leg action.
5. Position Gain a position on a Receiver 1 yd. inside or outside (depending on the area most dangerous to you) and no less than 3 yards deep off of a Receiver moving down field. Gain this position as rapidly as possible. Never let the receiver gain a head-up position with you or never let him get into you (close closer than 3 yards to you in your backpedal).
6. Drive When the Receiver you are covering has made his final break, explode quickly in the direction of his break, still concentrating on him. This is the most important phase in man coverage. This is an effort similar to a dash man coming out of the blocks on the 100 yd. dash. Your weight must be as low as possible at this point to prevent any false steps.
7. In Stride Once you have made your drive with the Receiver and are in stride with the Receiver step for step, then and only then look through the Receiver for the ball.
8. Break When the ball is thrown, be in a position to break through the Receiver aggressively for the ball at the highest possible point. You must break to the ball from wherever you are on the field to where the ball is thrown.

B. Man to Man Technique Coaching Points.

1. Alignment:

- a. Use the sideline to your advantage when possible by lining up to the inside of the Receiver.
- b. Always take away by alignment (inside or outside) the most dangerous pass route for you to defend. Example: Post, Out, etc.
- c. Use a good stance.

2. Key:

- a. Recognize the formation and locate your man as quickly as possible.
- b. Develop the ability to totally concentrate on your Receiver.

3. Concentration:

- a. Ignore everything but the Receiver's concentration point. Don't let anything distract you from the Receiver you are covering.
- b. Discipline yourself to concentrate on your Receiver and not the QB or backfield action.

4. Backpedal:

- a. Keep weight low on balls of feet, with good balance. Keep strides short and close to the ground. Push off of front foot to gain depth.
- b. Use your arms to assist your ease of movement.
- c. Keep weight distributed evenly so you can drive or change direction with ease of movement and no false steps.

5. Position:

- a. Never let a Receiver get in a head-up position with you.
- b. Never let the Receiver into you (Closer than 3 yards minimum) while you are still in your backpedal.
- c. Keep your original inside or outside position at all times until the final break.

6. Drive

- a. Explode with the Receiver and drive hard with him on his final break.

- b. Drive to the area the concentration point is moving to, not the concentration point. Drive to the reception area.
- c. Once you have started your drive and the Receiver changes his route, make him come through you in order to accomplish this. Collision the second break. Examples: Out and go straight and go; Post then corner, etc.

7. In Stride:

- a. Only when you are running stride for stride with the Receiver and can look directly thru him to the QB should you look for the ball.
- b. A sense of timing as well as the Receiver himself will tell you the ball is on the way if you are beat.
- c. On a deep move up the boundary when you are forced between the Receiver and the ball, crowd him toward the boundary to close the area outside you and be in stride before you look back over your inside shoulder for the ball. Don't lose the Receiver outside while looking for the ball.

8. Break:

- a. When the ball is thrown and you are in stride looking at the ball, yell "BALL" so as to help notify teammates not in stride that the ball is on its way.
- b. When you are in stride with the Receiver, always break aggressively through the Receiver to take the ball at the highest possible point.
- c. Never cut in front of a Receiver to intercept a ball until you know the trajectory of the pass. Don't anticipate as you may miscalculate. This is especially true on the post route and the out route.
- d. Break on the ball wherever it is thrown on the field. When the ball is thrown, you forget about your man and break to the area where the ball is being thrown.

Techniques

1. Outside Flat - outside shoulder alignment on receiver. On the snap square your shoulders to the LOS and move up into the legal contact zone and funnel the receiver to the inside.

Techniques

1. Normal
2. Press
3. Hang

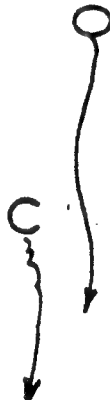


- a. If receiver tries to go outside, make him run a wide arc, & be sure to get a piece of him.
- b. Read #2 for straight threat.
- c. If no flat threat, give ground with #1.
- d. React to thrown ball.

2. Inside Flat - Inside shoulder alignment on the receiver. Square shoulder to LOS on the snap and move up into the legal contact zone and force the receiver to release outside. *Split of rec. will determine jam inside or outside.



3. Deep 1/3 - Inside alignment on receiver. On snap begin your backpedal keeping vision through receiver. As your pattern read develops get into a man to man relationship.



4. Deep 1/2 - From your alignment your drop should take you toward a point 20 yards deep and down the middle of the seam area. Read the #2 receiver's route on your side of the formation. After the pattern develops, get into a man to man relationship with the deepest receiver in your zone. If you get 2 receivers deep in your zone at the same time, get equal distance between them and play the ball.

*Landmark - 1 yd from top of number
C.P. - construct landmark by
pattern read & formation.

Jack - C.P. - Read #2 stg(Y) vor Vertical
stretch. Alert for Z in motion.



5. Flat - Sam's alignment will be 5 to 7 yards in depth with an outside shade on Y. Sam's pass responsibilities will be determined by the release of Y & the first back strong (Pattern read). Peripheral vision on Z (China & 73 routes).

6. Deep Middle - This is basically a free safety (Jack) technique and could be a strong safety technique. From the basic alignment the safety should key the ball and uncovered linemen. If pass shown he should take a drop angle that will take him to a point 20 yards deep and in the center of the field. When the point is reached you should go into your back-pedal until you're forced to turn and run.

- C.P. 1. Mid points of zone.
2. Mid point of formation.
3. Relationship (cushion) to outside receivers.
4. Primary key to secondary key —> total field vision.

STAR AND ZONE COVERAGE

Star & Zone Techniques:

1. Alignment - Corner - 8-9 yds. deep inside shade
 Sam - 6-7 yds. deep - deep shade outside on star.
 Head up M/M and on Waco..
 Jack - Head up on offensive guard 10-11 yds. deep.
2. Key - Through 2nd receiver to the ball.
3. Buzz - Move into an area designated by Defense.
4. Focus - Focus your attention through receiver to the ball.
5. Position - Put yourself in a position with your man which enables you to play the ball perfectly.
6. Break - Break to meet the ball at its highest point or strip receiver.

Star & Zone Technique Coaching Points:

1. Alignment
 - a. Your alignments may vary by split of receiver or formation but your leverage points will remain constant.
 - b. Use sideline to your advantage.
2. Key
 - a. Be able to recognize the formations and locate your responsibilities quickly.
 - b. Pattern read on the move.
3. Buzz - Discipline yourself to maintain a constant leverage point in the receivers.
4. Focus - Your attention through the receiver to the QB and ball.
5. Position
 - a. Always be in a position to break aggressively through the receiver to the ball.
 - b. Never let your feet stop moving. Always keep them moving even if you are not gaining depths, and always have your weight low in order to change directions faster on the break.
6. Break
 - a. Recognition point and interception point.
 - b. Work constantly to eliminate false steps when breaking for the ball.
 - c. Work constantly to improve your ability to change directions quickly.

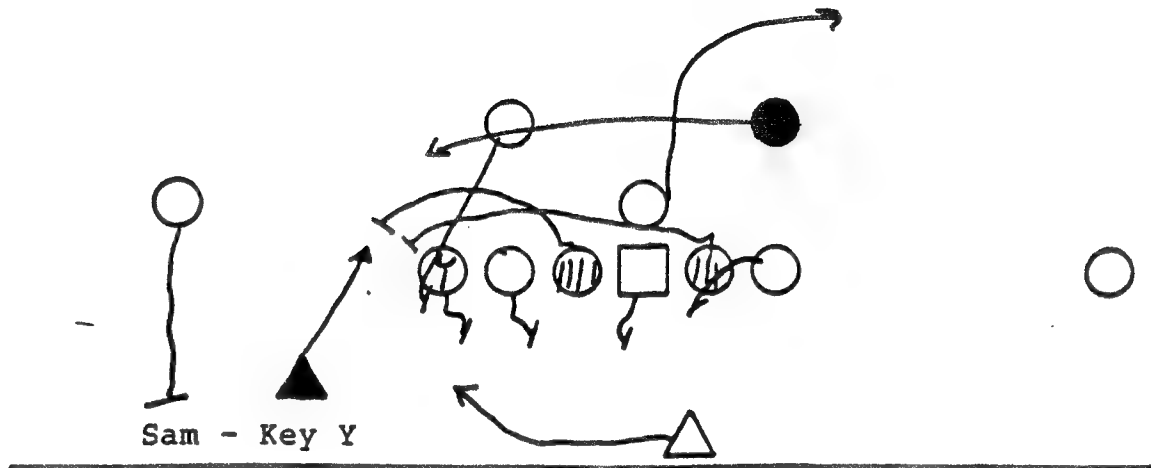
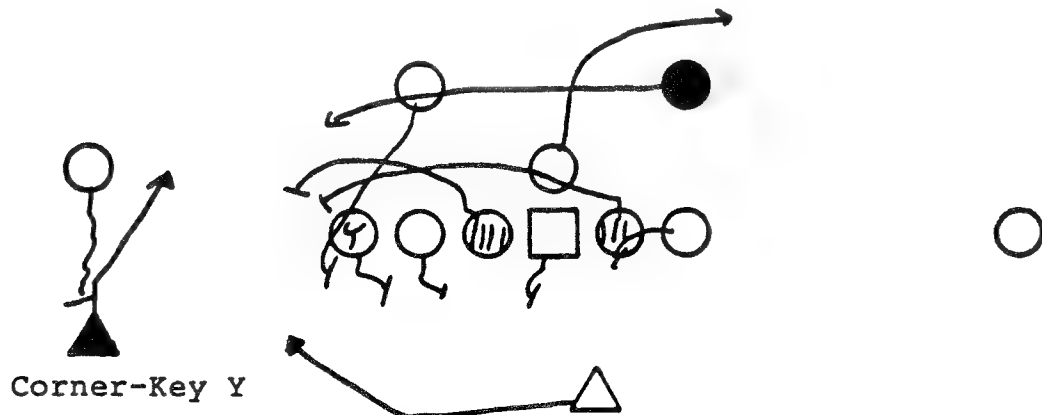
1. Practice the way you play on Sundays. Practice at top speed only!
2. You must be prepared to concentrate throughout the practice and endless meetings to be a good Defensive Back.
3. When you are not in a drill, concentrate on what is being said. Always know the defense called.
4. Exaggerate your knee bending in practice. The lower you are the better you can react.
5. No matter how long the QB holds the ball, you must stay in coverage.
6. Improvement can come through better understanding of defenses and better communication.
7. When a defense is called you should:
 - a. Visualize the entire team defense.
 - b. Know how you fit in and assignments.
 - c. Communicate and know where you can help.
 - d. Carry out responsibility.

FILM STUDY

1. You can develop a great sense of recognition by running a play back and forth before its completion. There is no substitute for film study when preparing for an opponent.
2. Know the Receiver you are covering. Study him in all the films we have. Know his STRENGTH and know his WEAKNESS!
3. Study other Defensive Backs when looking at film or teams who have all ready played our next opponent. Don't be a spectator and always watch the ball carrier!
4. Every time there is a pass completed on us someone is at fault! Know the reason and study it on film!
5. A projector is available to you at any time during the week. A good Defensive Back will look at more film than anyone on the defensive team.

*REMINDER

When our offense is running plays versus opponents defenses, make sure you get something out of practice. Take your stance and play every run and pass. It is almost impossible to get too much work on pass defense. Pass defense is your bread and butter so take advantage of the time allotted and on't loaf.

SAMCLEOTECHNIQUE FOR THE RUN GAME :

It is important that we know our Keys. We must read and react quickly to our Key. We may move up close to the line of scrimmage, if opponent tries to establish a Strong Running Game.

Stay on your feet when forcing; and keep run to inside. Do not creat an in inverted Line of Scrimmage by getting upfield to deep. This will allow the back to run out the open end of the Funnel.

Shrink the hole so that our linebackers and pursuit can cover the hole. Meet lead blocker with inside shoulder, keeping outside foot and arm free for reaction.

Don't wait on play to get to you. Don't give ground, and don't spend the day dodging people. Meet the play quickly and beat the blocker. Success or failure depends on how quickly you make your move.

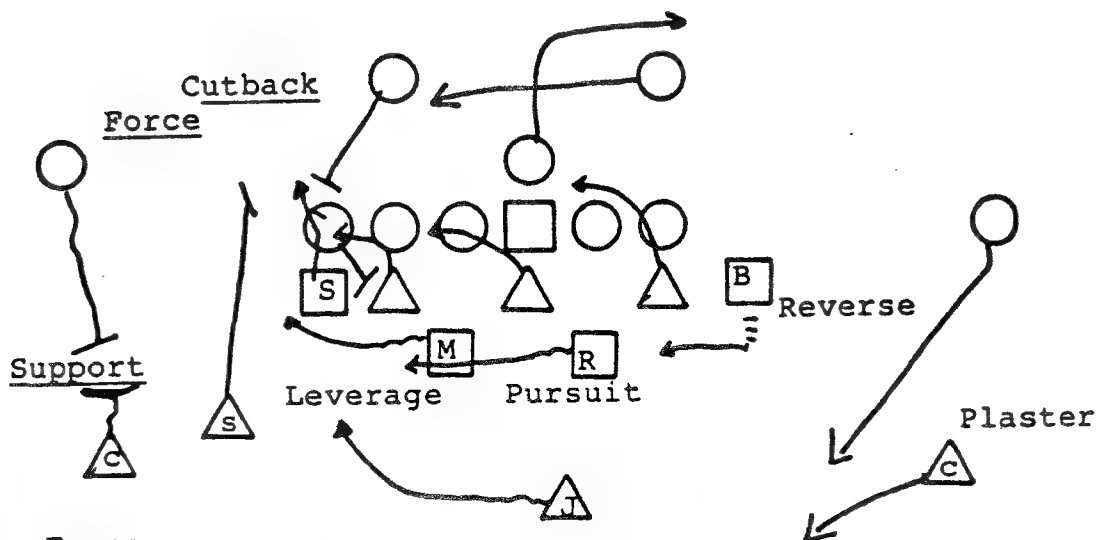
No hesitation.

Force call will be called by the Strong Safety. The width of the flanker, coverage and game plan will determine what call to make. The calls are Sam, Cleo and Slice. The keys are Y to the lead back on flow.

NOTE: Strongside force also has reverse responsibility.

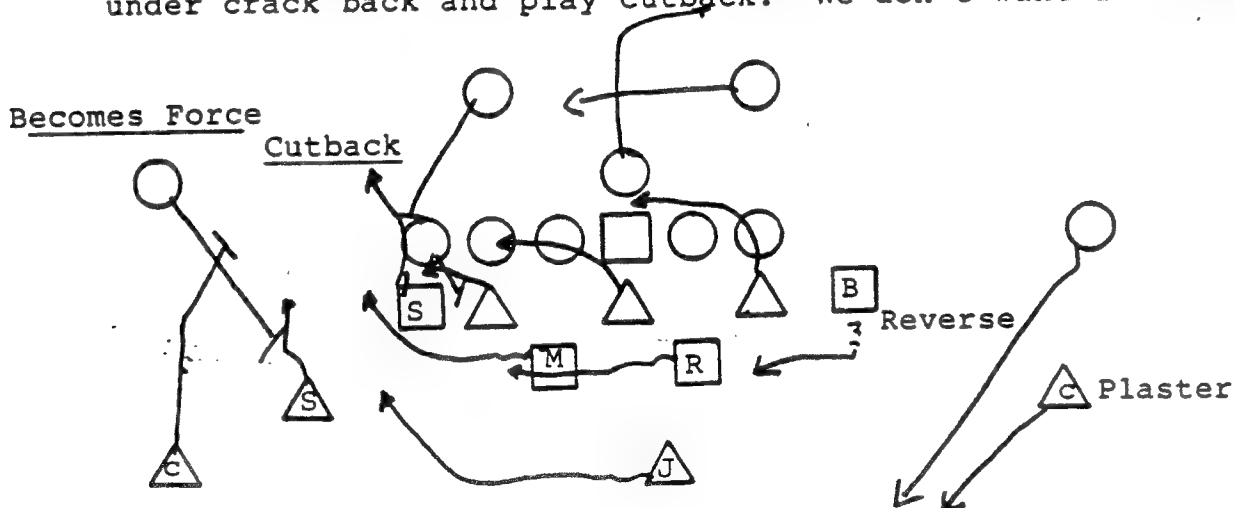
When you have force -

1. We want to read run as fast as possible.
2. Get to the line of scrimmage quickly, squeeze the hole to get close to the cutback man and help.
3. Force man can't get up field too far and open the Funnel.
4. Get ready to meet first blocker, either with inside shoulder of forearm or hands. Stay on feet if possible, and keep outside foot free so you can move to sideline.

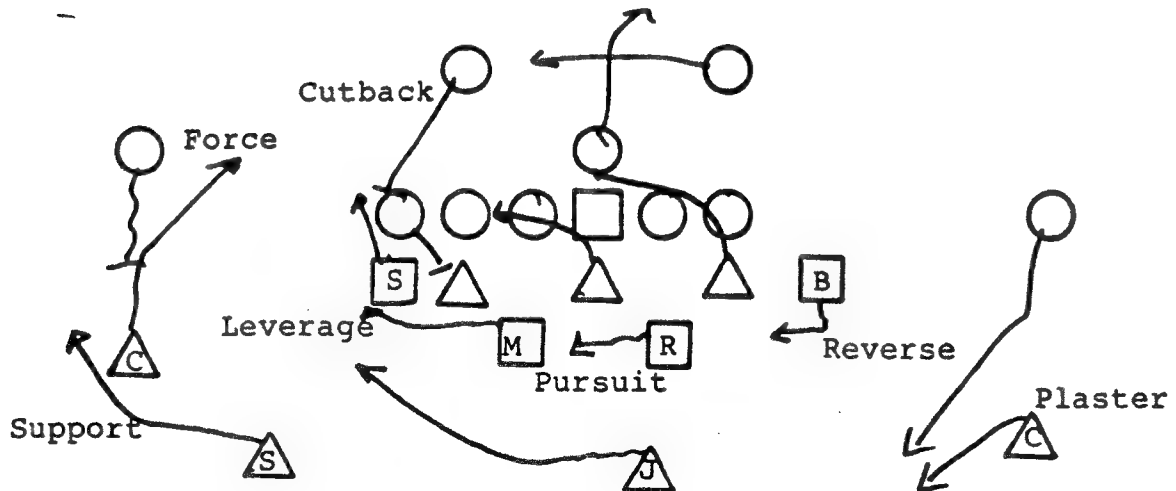


Safety Force -

1. If safeties are cracked on, the corner becomes the force, you can't go under blockers like a regular Cleo force. Safety stay under crack back and play cutback. We don't want 2 Force Men.

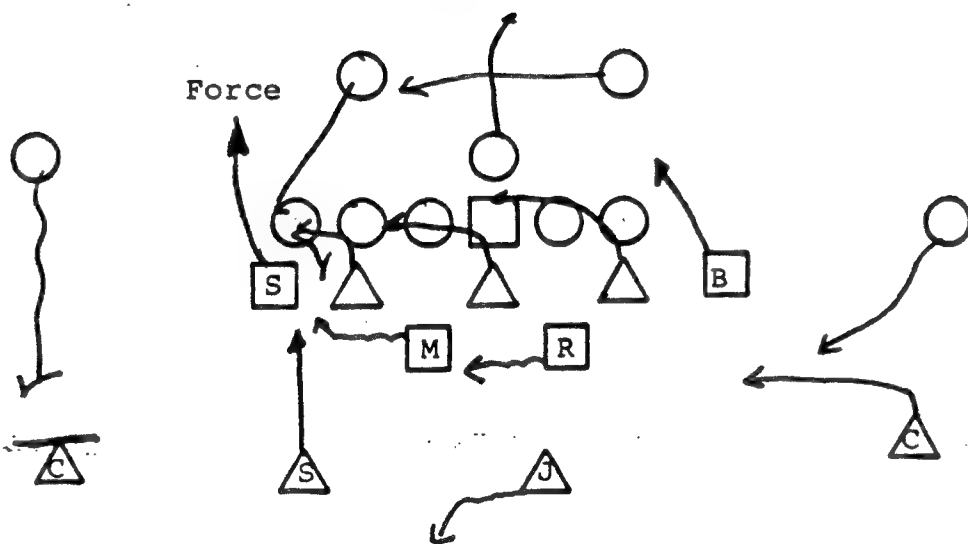


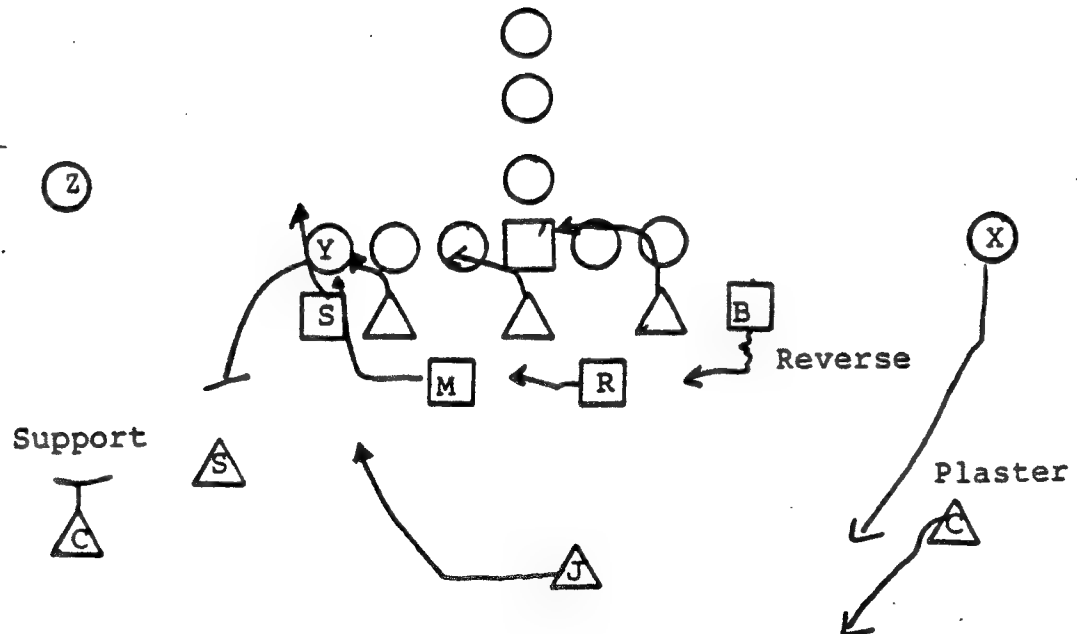
1. Has force with a kick assignment. Because the safeties are not required to give inside help, the Corner has the freedom to go under blocker to squeeze the hole down to the cutback and help. This would be fighting under a block by a wide receiver with the throwing of the outside shoulder to the inside, or going under blocker coming from the inside. Safeties will then have secondary force on the outside, if the run bounces outside of the Corner.



Linebacker Force - Slice Force

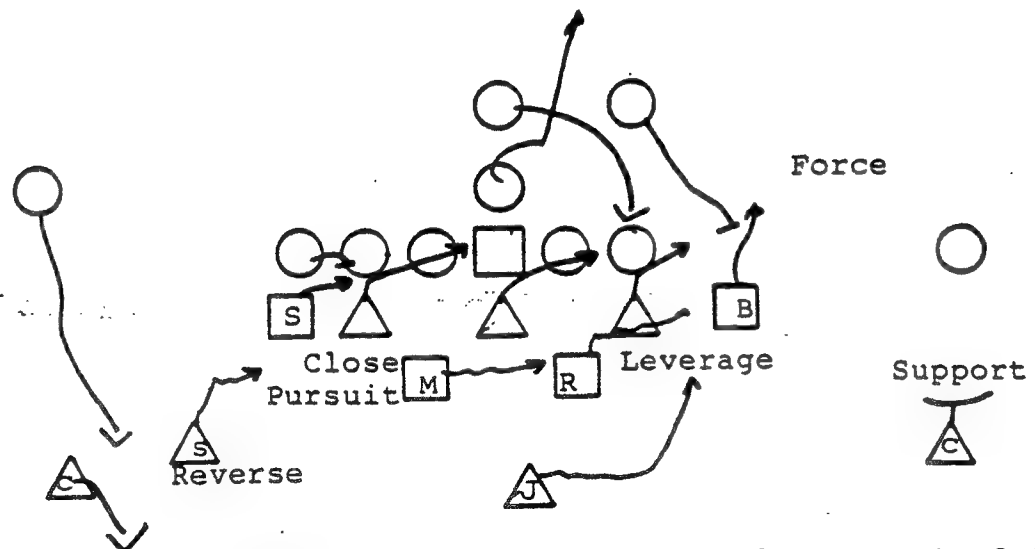
1. This is dictated by coverage. Corners then have support, and safeties would have cutback. If LB is cracked on, then the Corner has same assignment as if a safety was cracked upon, and takes over force, but not a Cleo force technique, and must stay on the outside.



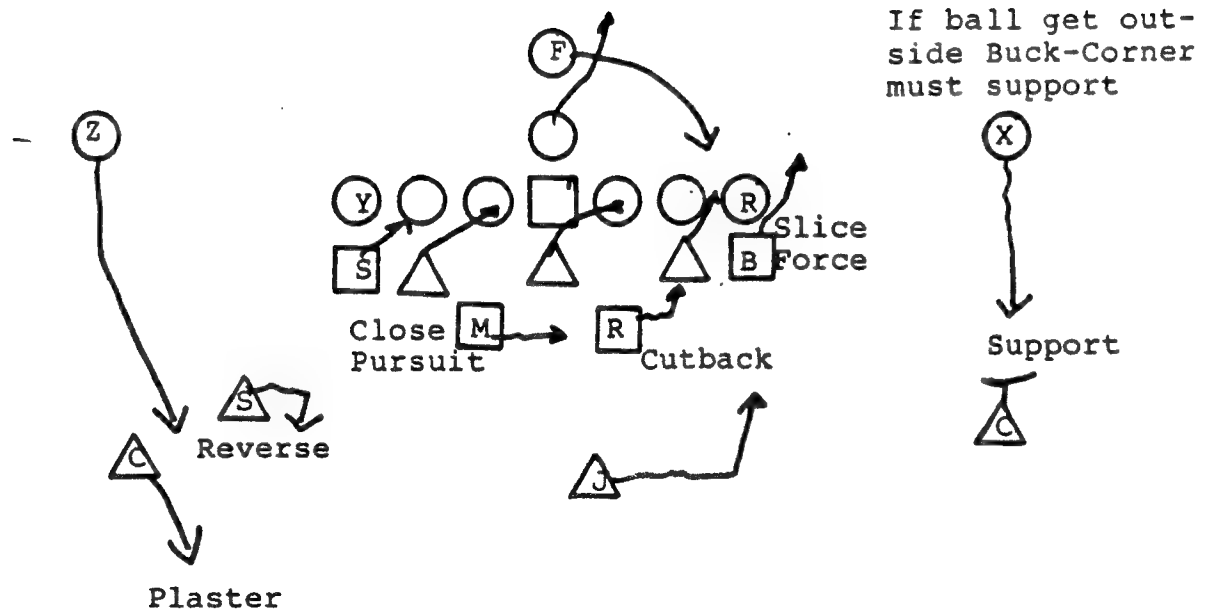


Any Sam Force vs. Easy Release by Y on any Run play reverts to Slice Force. Slice Force rules prevail. Sam must recognize run and be responsible for cut back inside L.G. Defeat block of Y by hand fight technique. Do not take a drastic side of Y. Be firm on your fill.

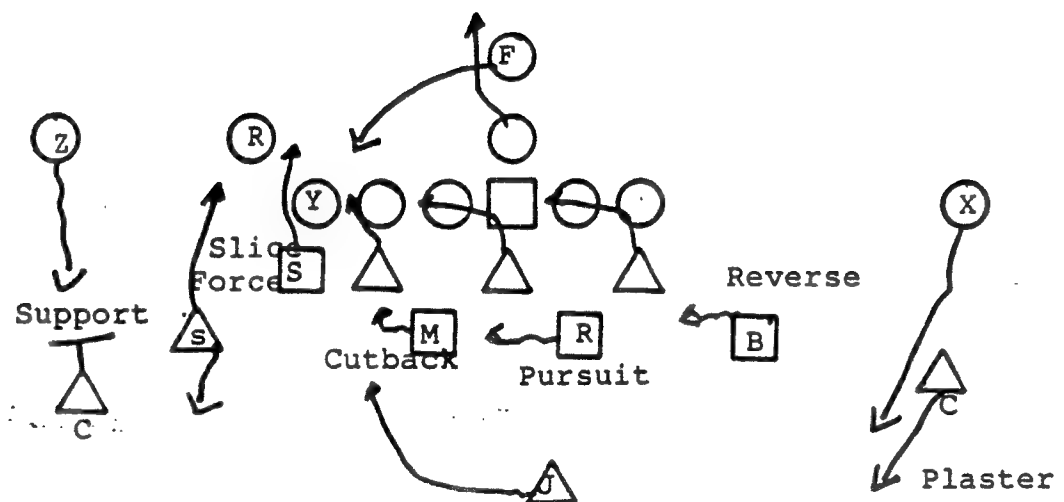
LINEBACKER FORCE TO OPEN SIDE

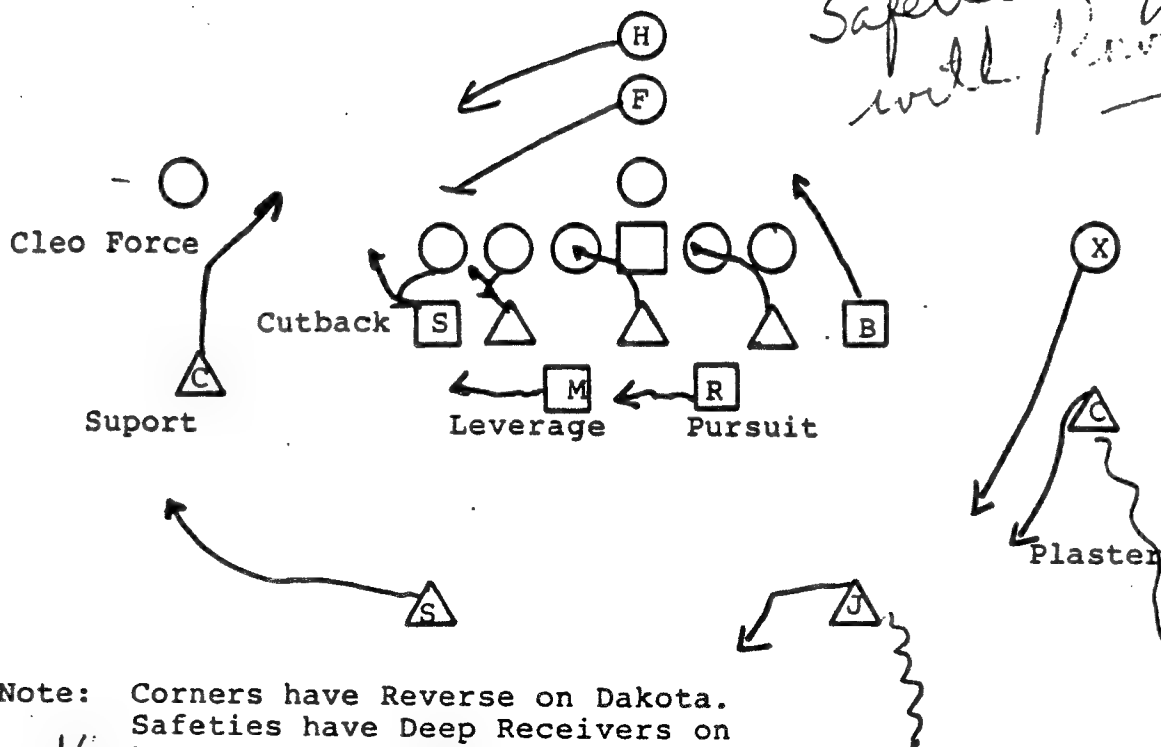


Anytime X - Cracks on Buck Corner Becomes Force but stay to Outside. Jack Check X - for Run Pass.



IF R-BLOCKS DOWN ON STUB = SAM FORCE

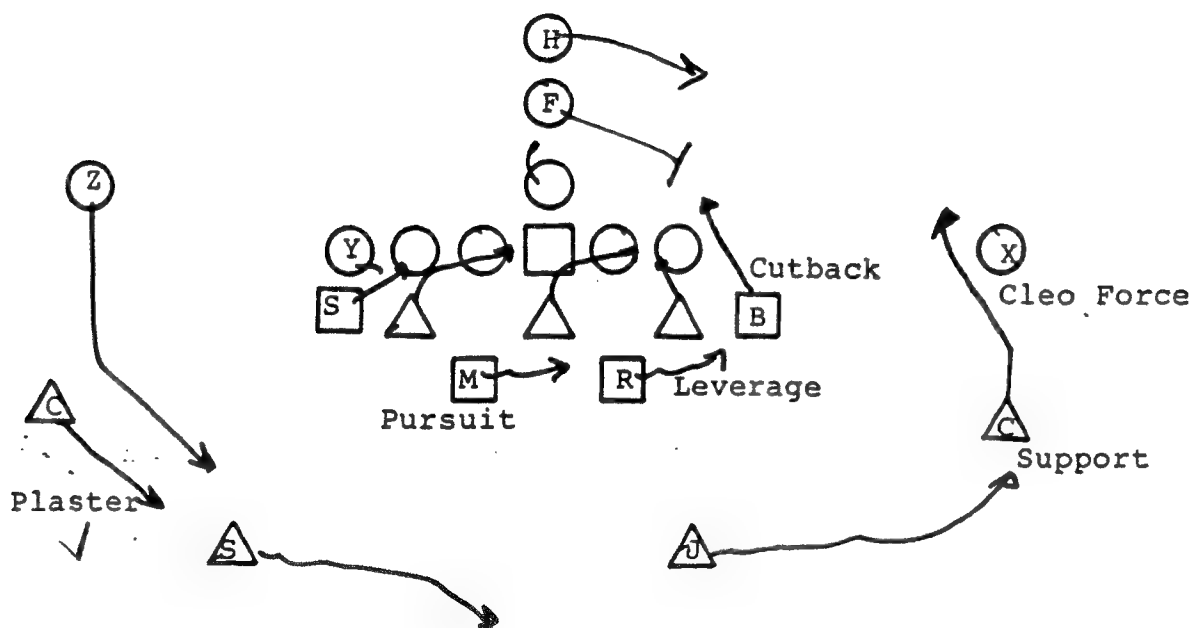




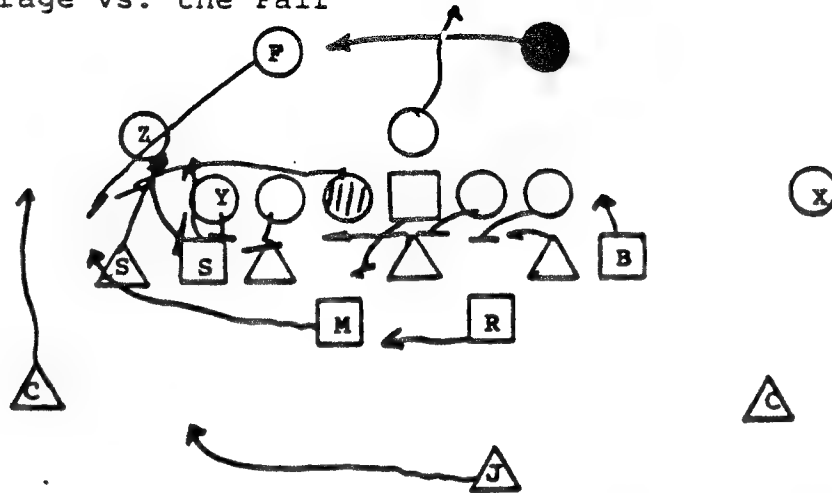
Note: Corners have Reverse on Dakota.
Safeties have Deep Receivers on Reverse Pass Actions.



DAKOTA CLEO FORCE WEAK SIDE

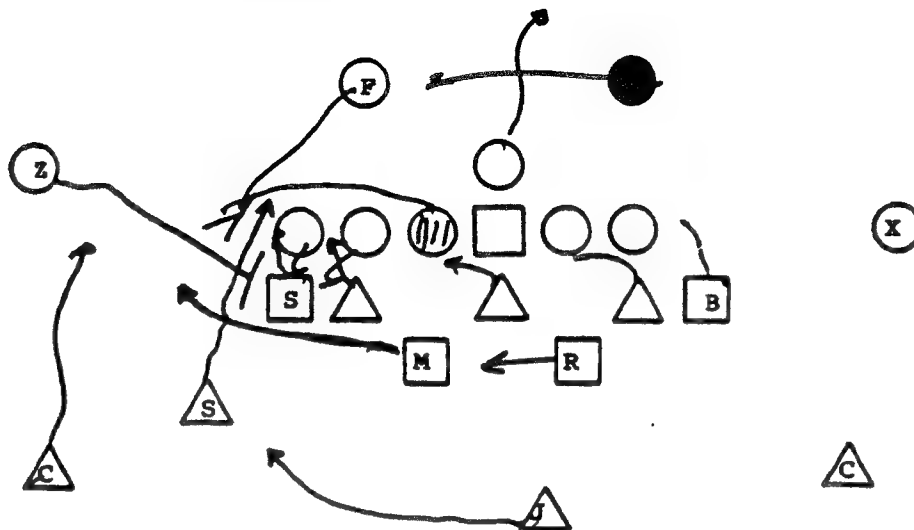


Zone or Star Coverage vs. the Pair



1. SAM - When the Pair blocks down inside, you are now the fill man. You should move across the L.O.S. to about the original depth of the Pair, play underneath the block of the guard or the fullback and force the play out to the corner.
2. CORNER - When Z (the Pair) blocks Stub you then become the force man. You should come to the L.O.S., force the play. You will be getting some inside help from either Mac or Stub.
3. STUB - Strike Y and keep him off of Mac then work your way into the seam between the Pair (2) and Y. Force a double team and hold the L.O.S.
4. MAC - Shuffle past your End, Stub and eventually Sam as you keep good inside out leverage on the ball.

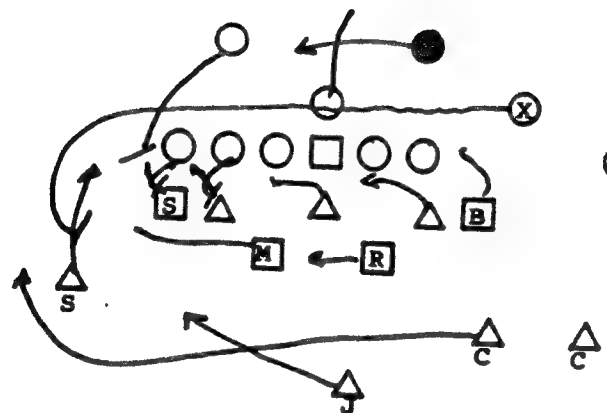
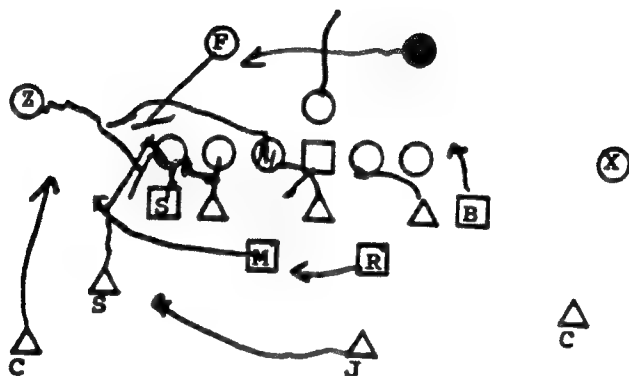
ZONE OR STAR COVERAGE VS. A SLAM



NOTE: A Slam Block is a Pair on the move and all personnel take on Pair assignments as soon as Z blocks down on Stub.

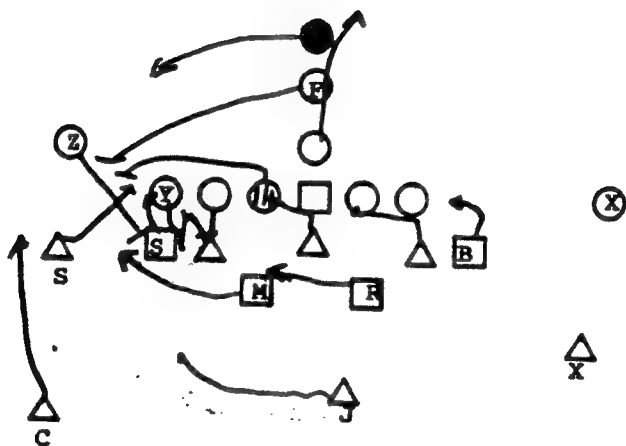
1. SAM - becomes fill, goes under the guard or F.B. and forces the play out to the corner.
2. CORNER - YOU BECOME FORCE.
3. STUB - Strike Y, as you feel the Slam block coming work upfield between Y and Z; you must force Z to block you or you must be able to make the play out to the corner. The Game Plan may call for you to grab hold of "Y".
4. MAC - Shuffle and play the play like a Wing Sweep.

SLAM FROM ZIN

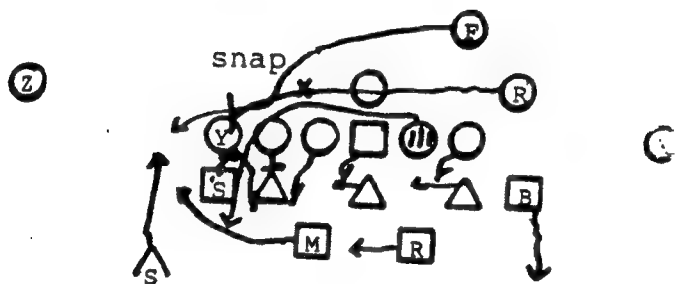


Sam - Do Not Get Hooked by X - X
Must Block Stub Before You
Can Go Under Block of Guard.

SLAM FROM CLOSE



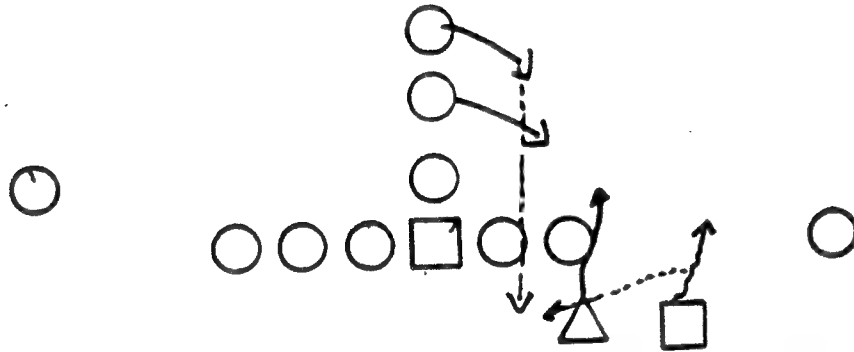
Ace Weak R 16 Power "O"
Play as Red Power "O"
Stub Force Play to Spill Out to
Sam & Mac.



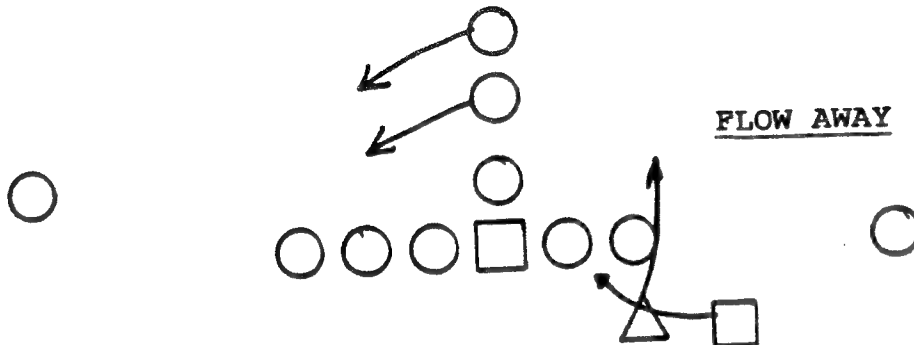
"OX CALL"

Call made by L.B. to Open Side (Stub or Buck) when LBer is not coming on pass rush.

FLOW TO

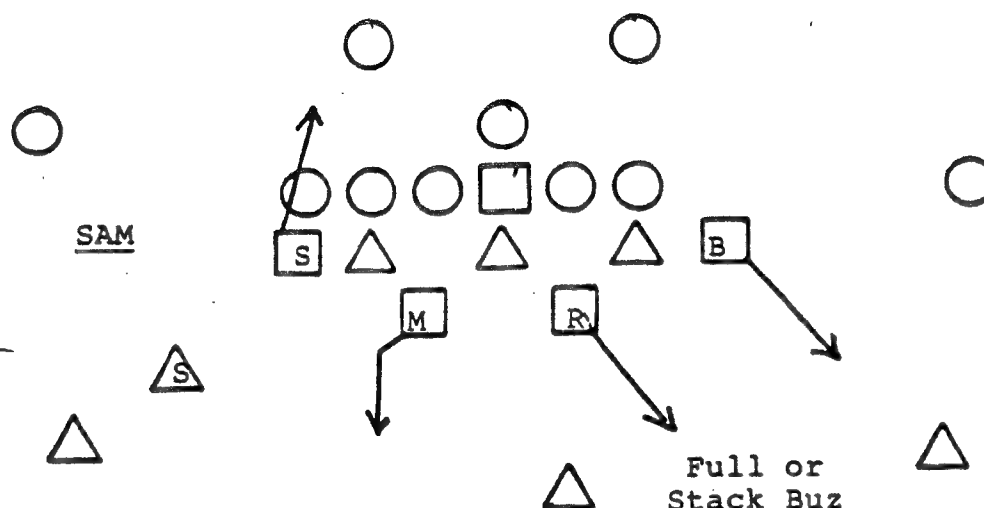


1. End - Control Jet charge through outside shoulder of tackle, ignore cut off block, you have reverse and bootleg on flow away.
2. LBer (Flow To) slow play force, invite F.B. (or Guard) to outside, force play if you have to; play back underneath end if ball carriers breaks inside.



FLOW AWAY

1. End - Reverse and Bootleg.
2. L.B. - Rear Pursuit



STAR = Pre-determined strong side rotation and responsibilities. The secondary will rotate strong while the linebacker will Buzz weakside. Star is a Zone type defense where we will read pass patterns and match up with receivers playing them man to man in our zones. One linebacker will be called into pass rush. Diagrammed as STUB STAR.

STUB - Read Run - Draw - Screen - Pass Rush or Stunt.

MAC - DROP BACK PASS - READ DRAW - SCREEN - BUZZ to strong side hook reading pattern of Y and F - you will play the inside of the 2 receivers man to man in your zone.
PLAY PASS STRONG OR STRONG FLOOD - Buzz strong side read pattern of "Y" to play slot area - Hook, or check down.
WEAKSIDE PLAY PASS - WEAK FLOOD - If "Y" releases cover strong hook; "Y Slow" buzz weakside tell ROVER "I'm Here" and play any inside patterns. (FOG RULE)

ROVER- DROP BACK PASS - Read for Draw - Screen - Buzz to weakside hook reading pattern of H for your Pick-up.
PLAY PASS STRONG OR STRONG FLOOD. Look for crossing pattern of "Z", "Y" or check down. *~X6*
PLAY PASS WEAK OR WEAK FLOOD. Cover Circle to wide when MAC calls "I'm Here".

BUCK DROP BACK - Read for Draw - Screen - Buzz to weak flat read H for your Pick-up.
PLAY PASS STRONG SIDE OR STRONG FLOOD. Check X Quick screen, Y Cross, check down weak.
WEAKSIDE PLAY PASS OR WEAK FLOOD. Alert for FAN CUT to FLAT.

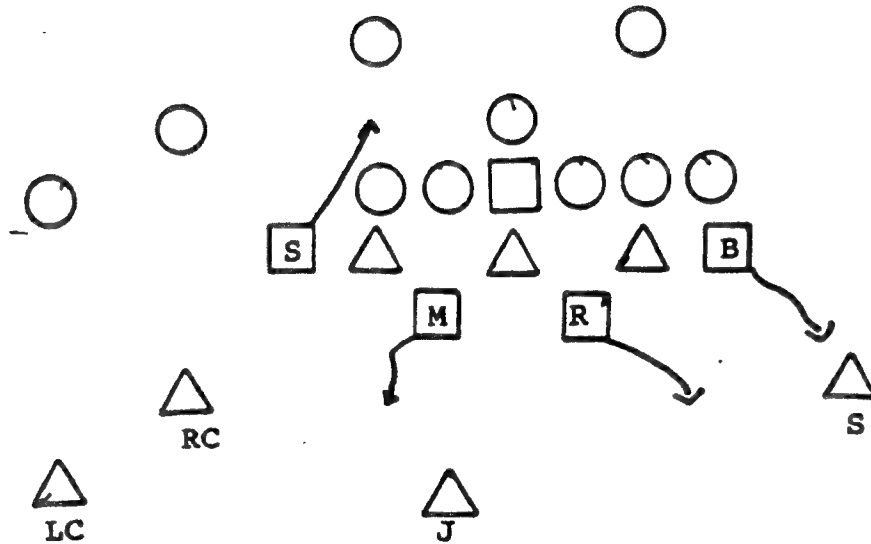
SAM You have force - READ FOR DRAW - SCREEN. Pick up outside pattern of "Y-F". Strong Flow - Alert sail to Flat. Weak Flow squeeze seam being alert for Y-Slow, Screens, Reverses. *Z feed*

STRONG CORNER - Deep outside react to any quick (3 step) patterns.

JACK - Zone deep middle - Read QB - stay at Home, React to Throw.

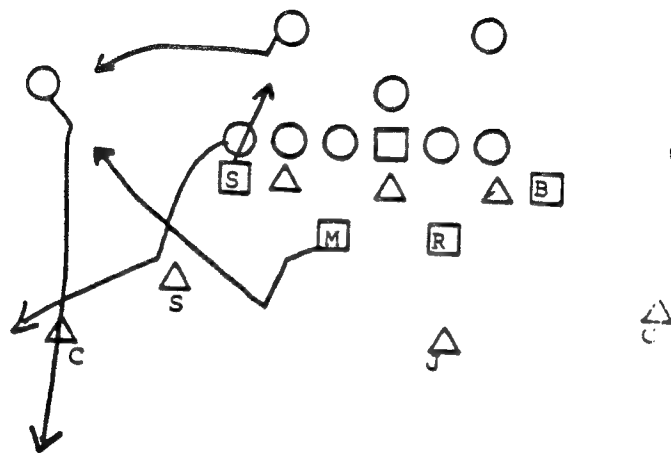
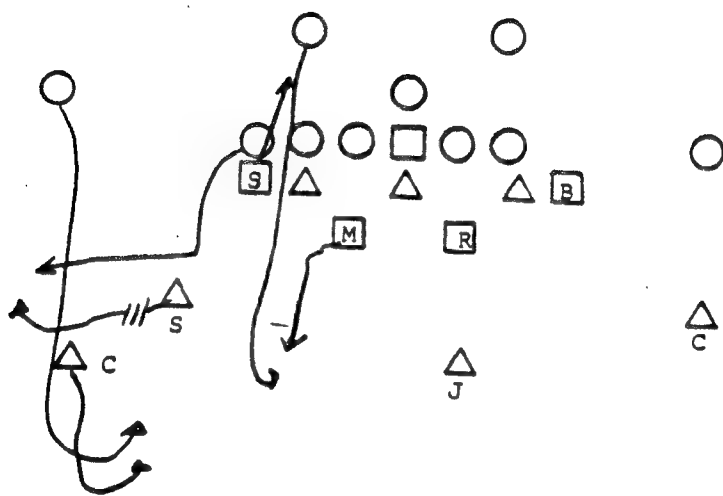
WEAK CORNER - Deep outside - React to any quick (3 step) Patterns.

STAR - (STORM)- COVER VS SLOT

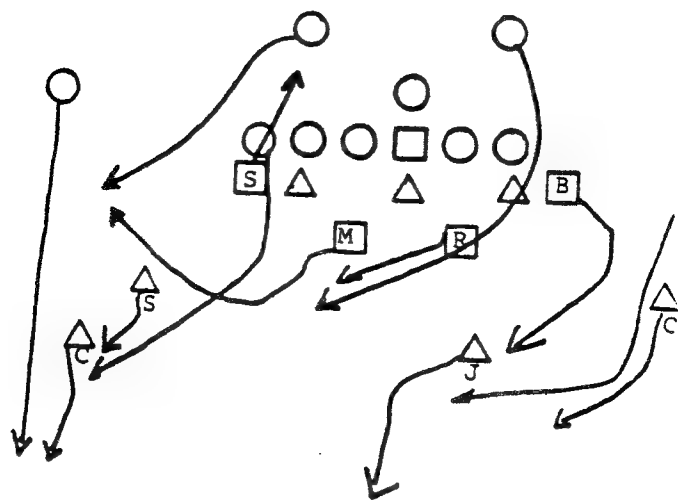
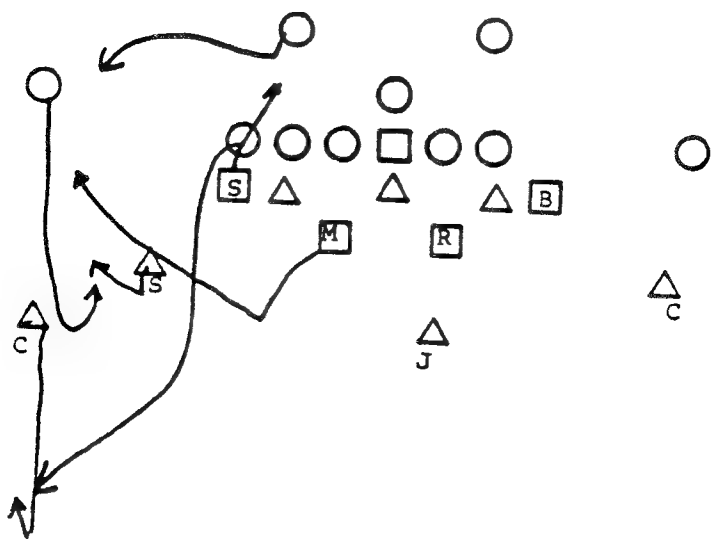
Red
(slu)

- STUB Read Run - Draw - Screens. Rush or Stunt.
- MAC Read for Draw or Screen. Buzz to Strong Hook reading the Slot and "H". Zone off pattern taking inside of the 2 Receivers man to man in your zone.
- ROVER Read for Draw or Screen. Buzz to Weak Hook Reading Pattern of Y and F. You will Play inside of the 2 Receivers man to man in your zone.
- BUCK Read for Draw or Screen. Buzz to Weak Flat Reading Pattern of Y and F. You will play the outside of the 2 Receivers man to man in your zone.
- STRONG CORNER - Deep outside react to any Quick (3 step) Patterns
- WEAK CORNER - Align on Strong Side with Wide Receiver. You assume Sam Pass Coverage Responsibilities. Read for Draw - Screens. Read Pattern of Slot and "H". You will play the outside of the 2 Receivers, man to man in your zone.
- JACK - Zone deep middle - Read QB - Stay at Home and React to throw.
- SAM - Deep outside - If Y & F both go Deep - Don't let line-backer get beat.

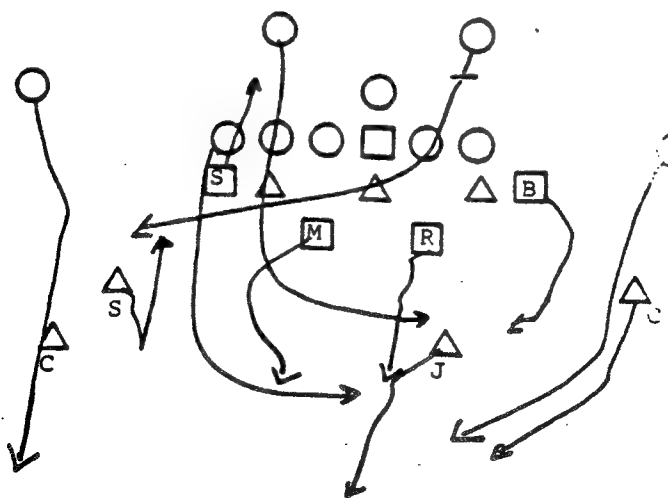
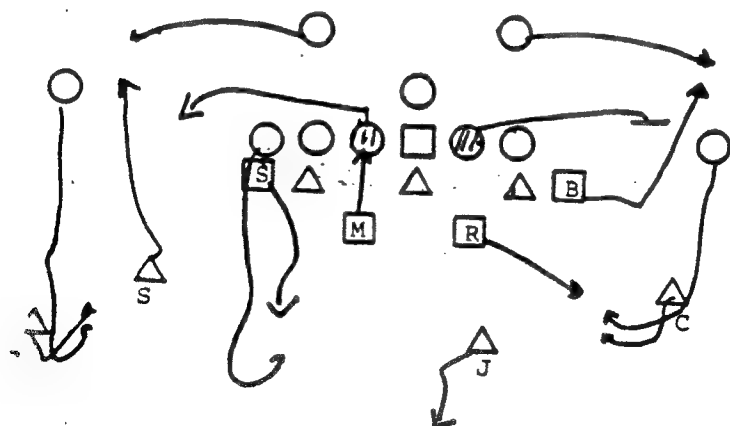
STAR



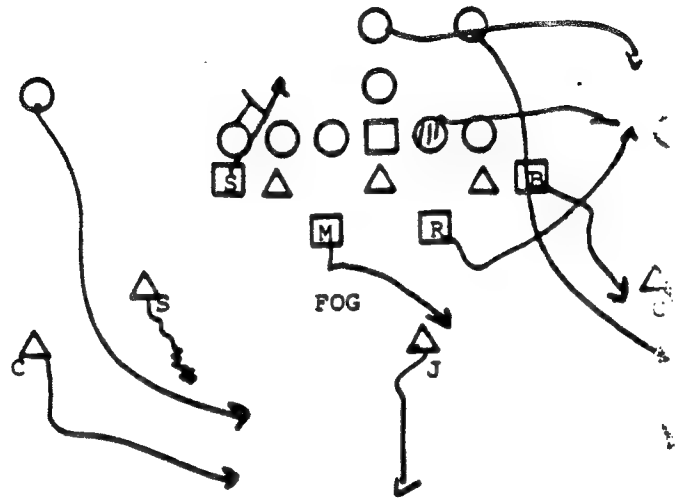
SAM: GIVE FLAT CALL TO BACKER.



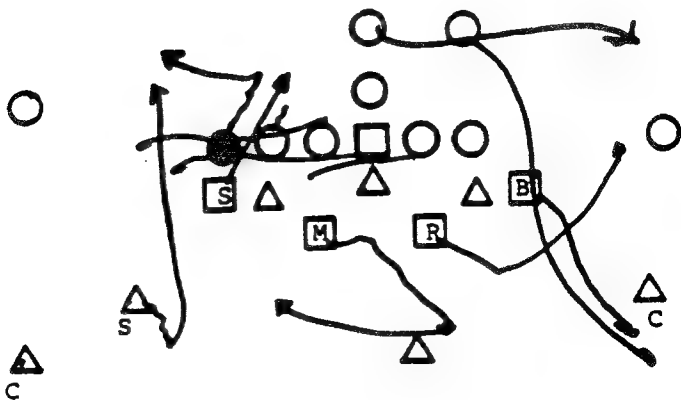
ROVER MAKE "CHECK" "OVER" CALL



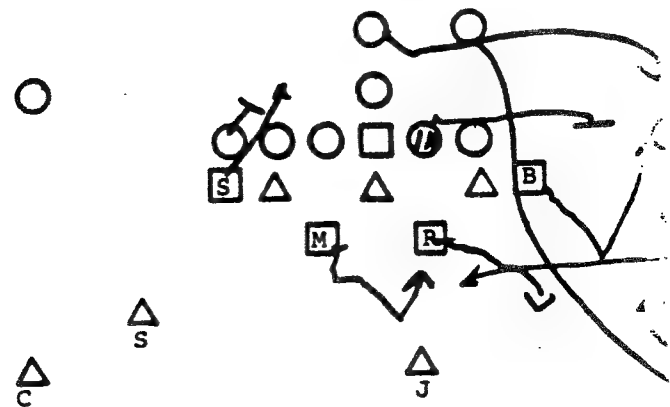
MAC: MAKE "I'm HERE" CALL



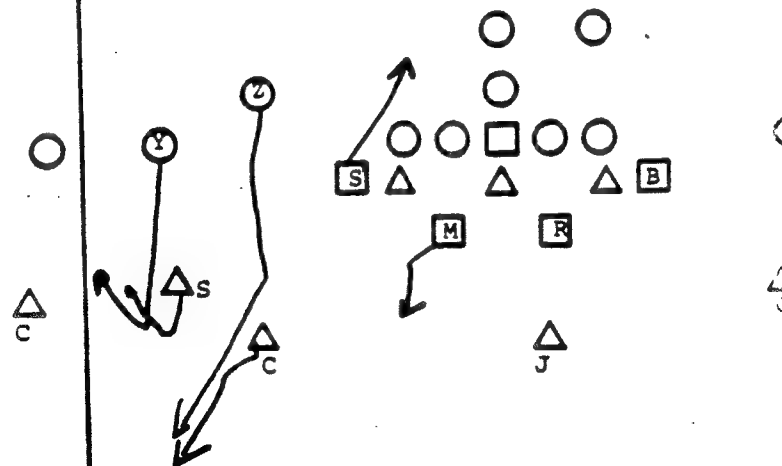
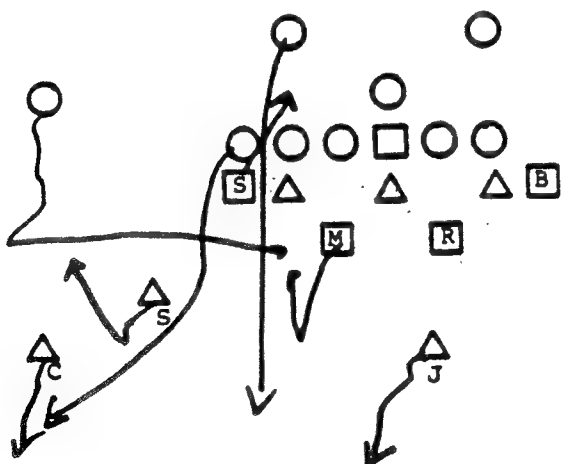
SAM: PLAY Y SCREEN CALL "SCREEN"



MAC: MAKE "I'm HERE" CALL.

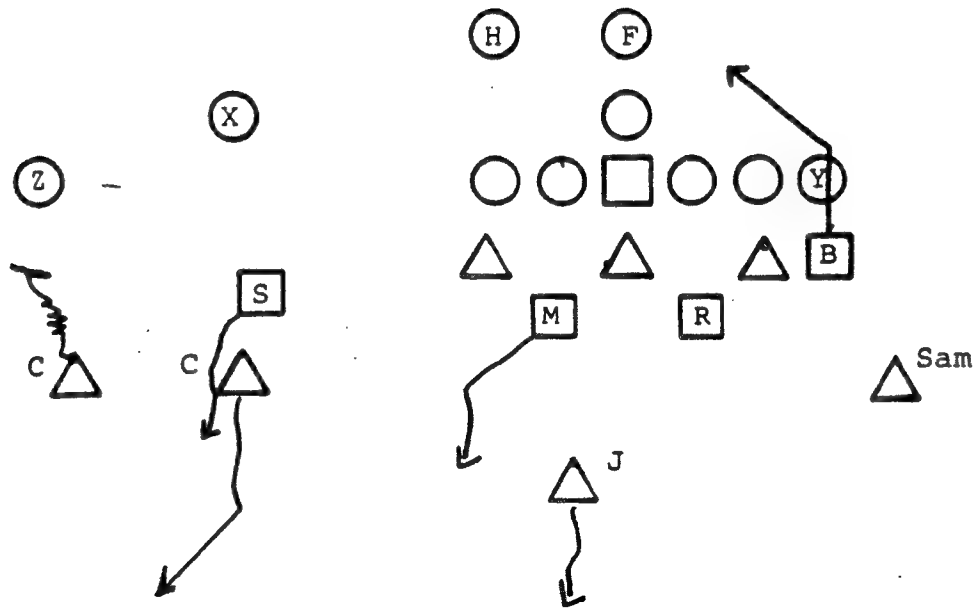


OPEN FORMATION - SAM ALIGN ON

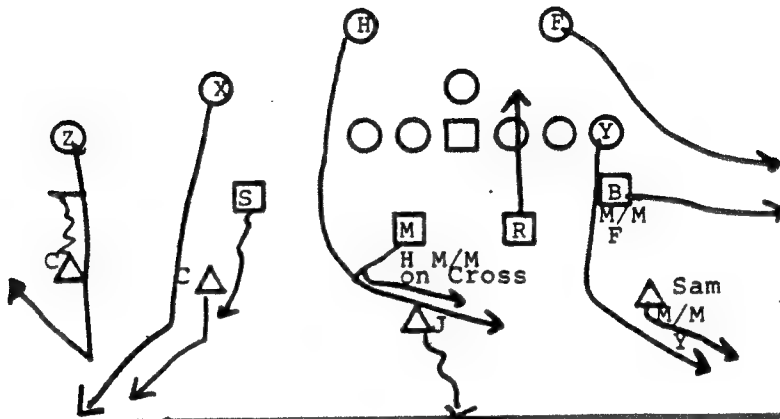


Stub Star Alert Slide: Slide = Rover or Buck

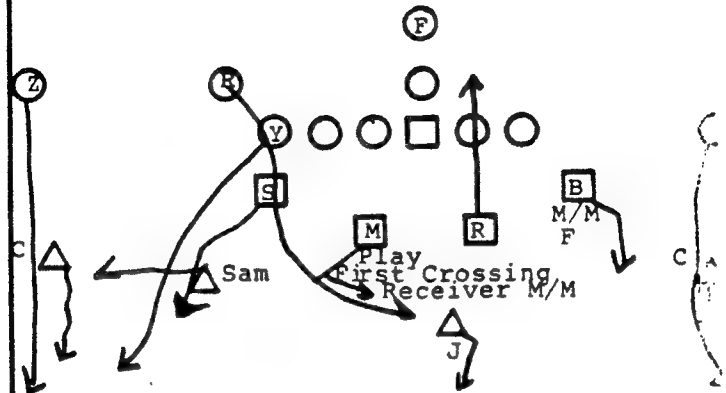
1. Play Slide vs All 2 Back Slots. Except Brown Slot = Stub Star
2. Play Slide vs All Trips or Trips Slot.
3. Game Plan Formations to use Slide.



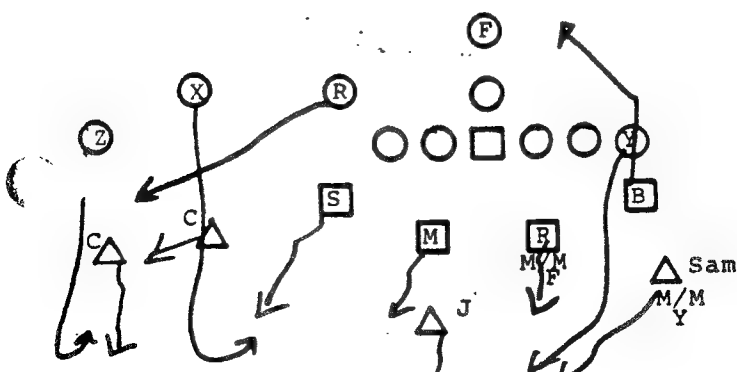
2 Back Slots = Rover or Buck Slide.
Play Cleo



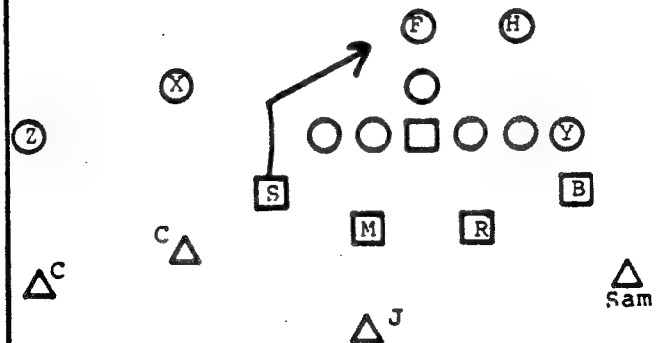
Trips = Rover - or Buck Slide



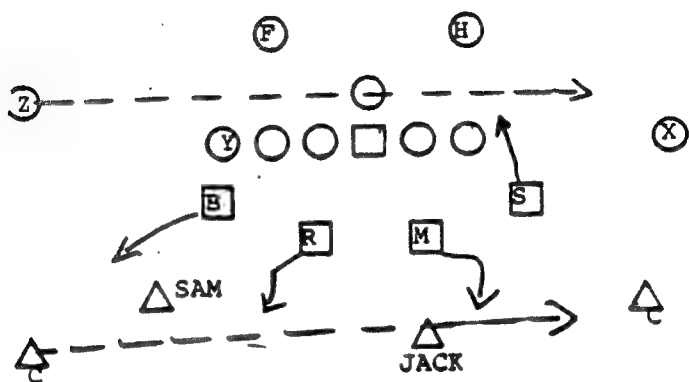
Trips Slot = Rover or Buck Slide



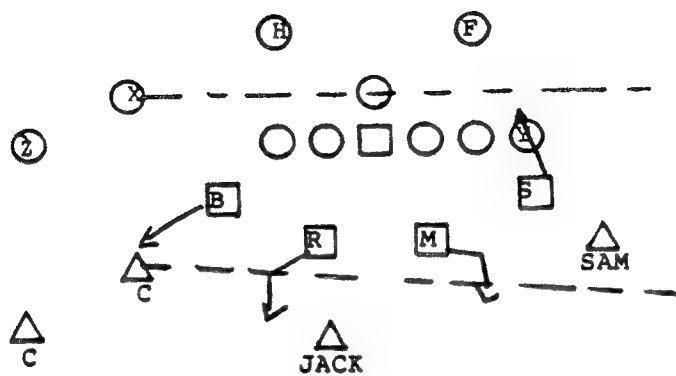
Brown Slot = Stub Star.



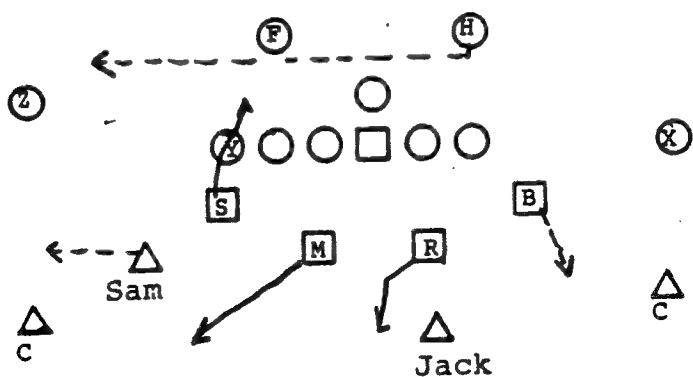
Star VS Zoom



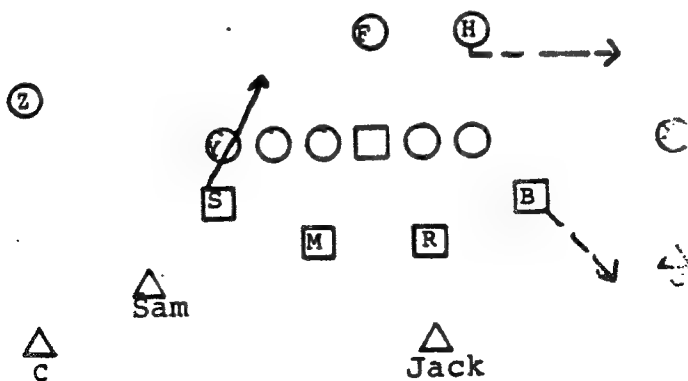
Star VS XOM.



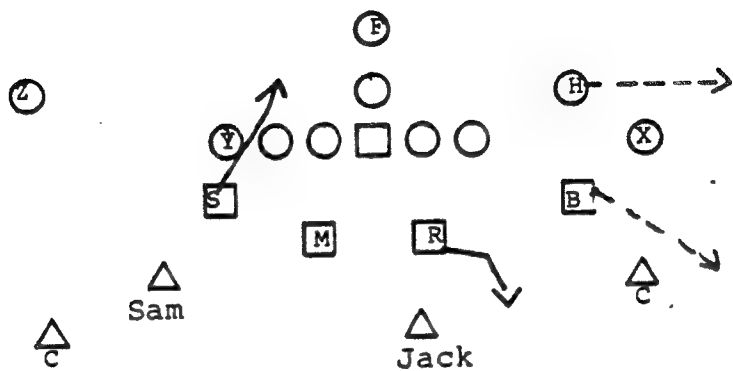
H-Motion Sam go with H Strong Flood on Snap.



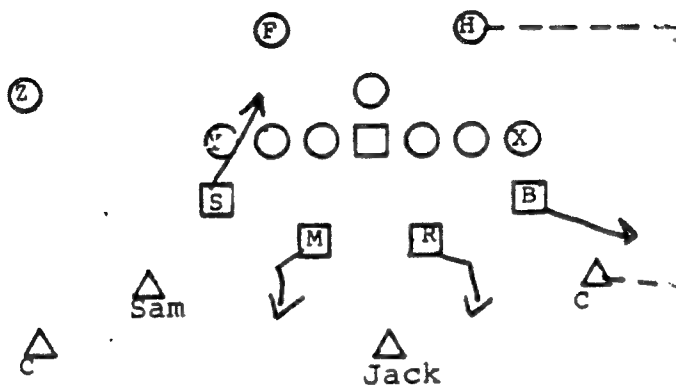
H - Peel - Buck Loose - Stay On H.



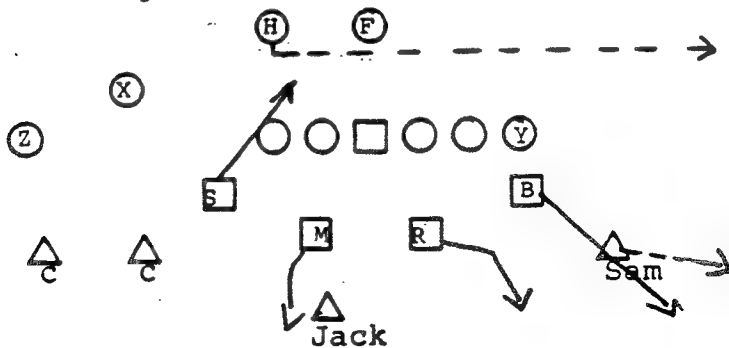
H - Out - H goes Beyond X Buck go with him. Corner will Stay On.



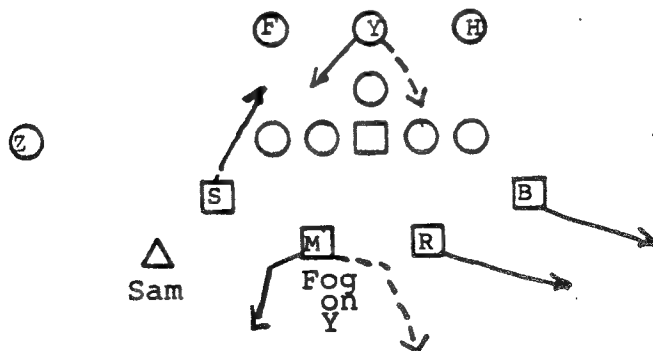
VS X Near or 2TE Cleo Force. H Peel Corner will go with Peel.



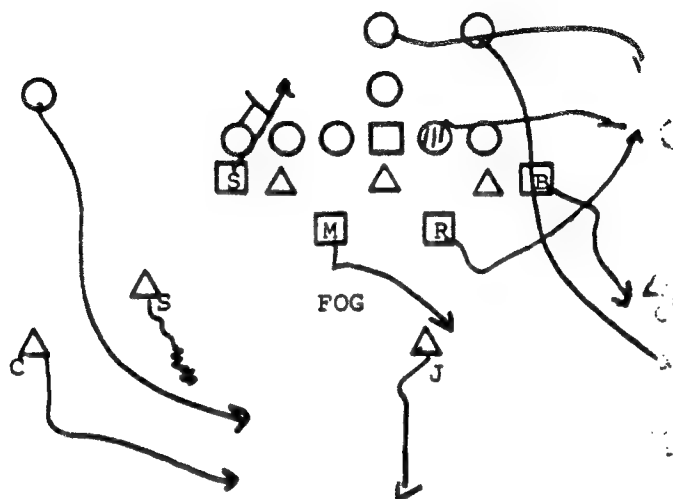
Blue Slot H-Peel = Ace Slot H.O.W. Buck good Hard Buzz.



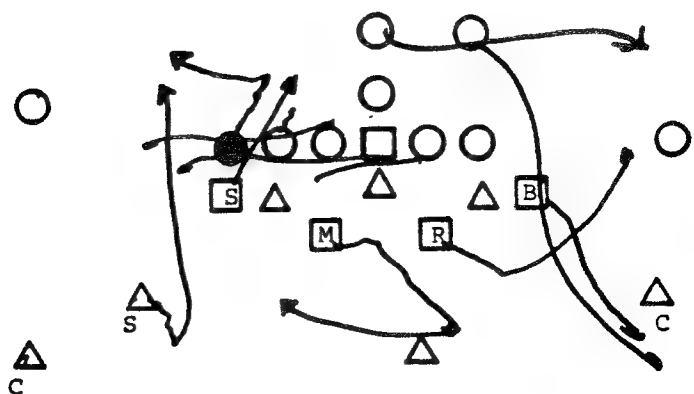
VS Treb - Trey



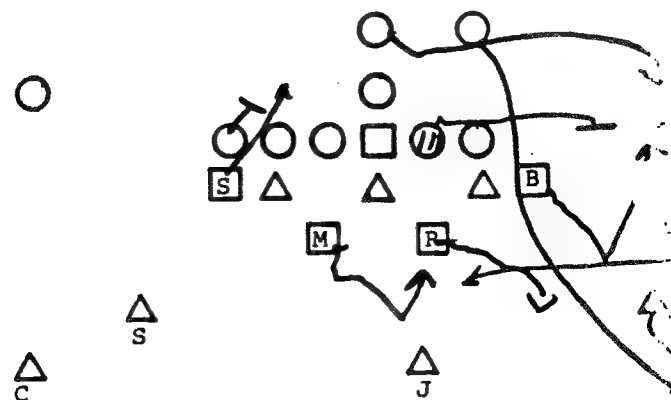
MAC: MAKE "I'm HERE" CALL



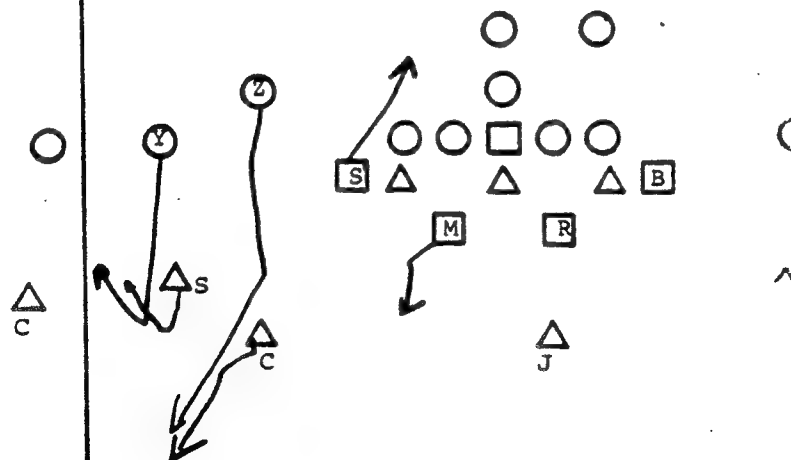
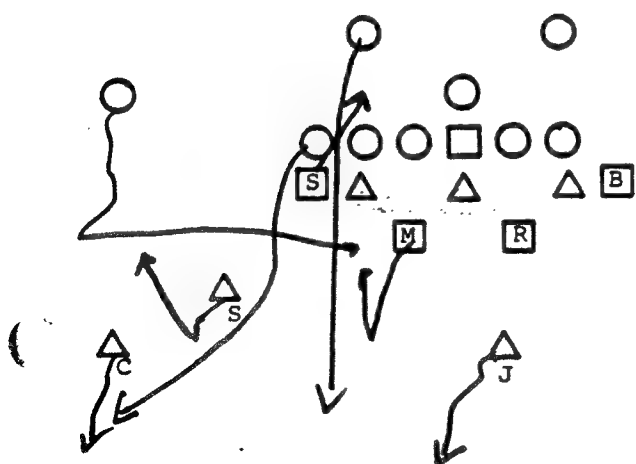
SAM: PLAY Y SCREEN CALL "SCREEN"

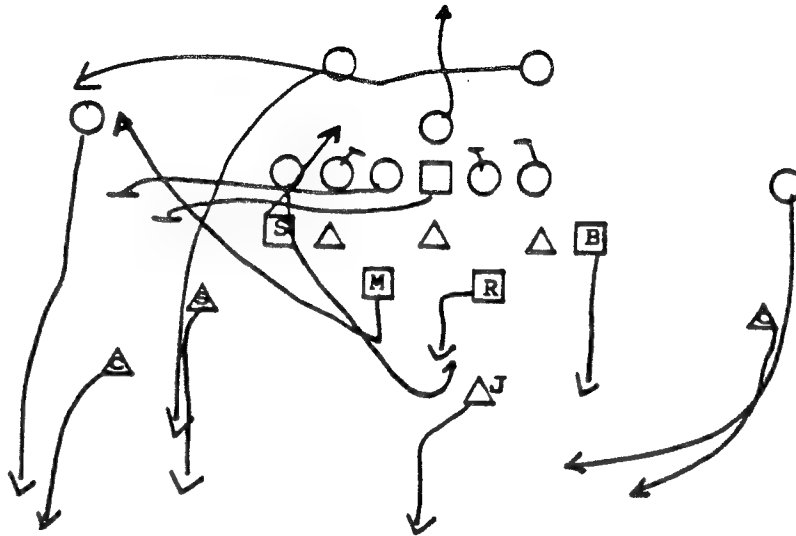


MAC: MAKE "I'm HERE" CALL.

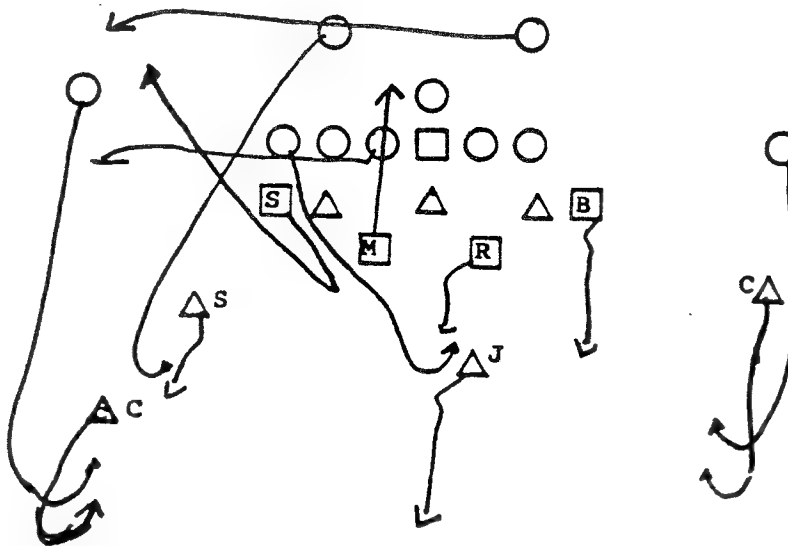


OPEN FORMATION - SAM ALIGN ON

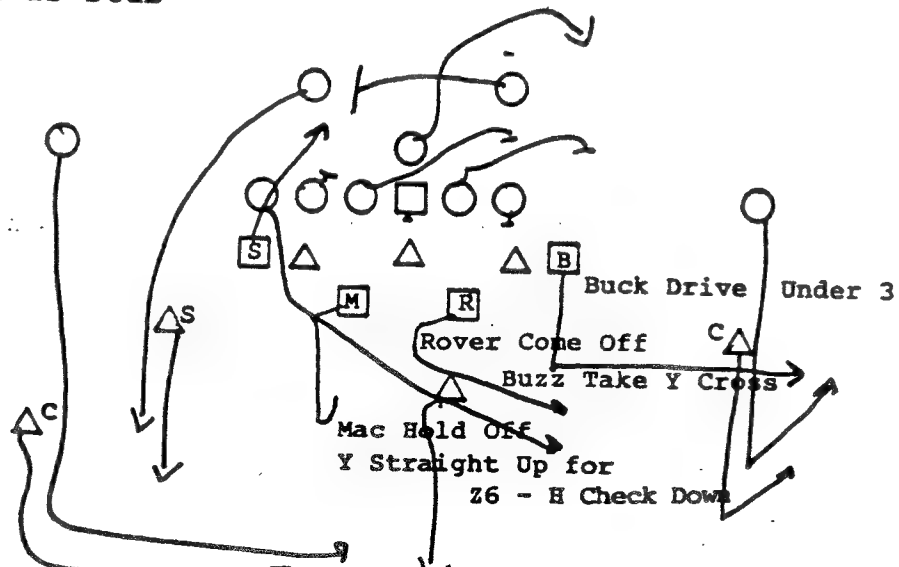




STAR South H Wide Screen Mac-Rover make "Flood" call Diagrammed
as Mac Stub hold off Y Push to Wide Screen



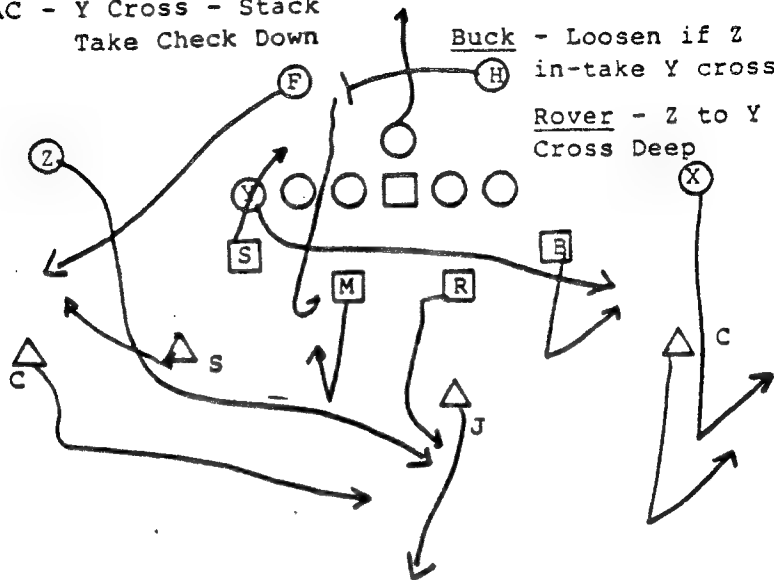
STAR South. Flare. Q4 Boot
Diagrammed as Stub



STAR - PLAY PASS

MAC - Y Cross - Stack
Take Check Down

Buck - Loosen if Z
in-take Y cross
Rover - Z to Y
Cross Deep

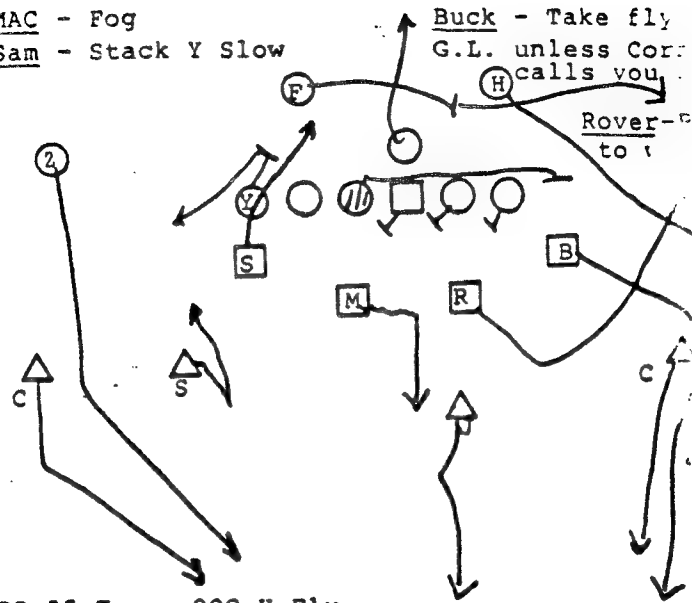


PP 38 326 F Flat

MAC - Fog
Sam - Stack Y Slow

Buck - Take fly
G.L. unless Cor
calls you

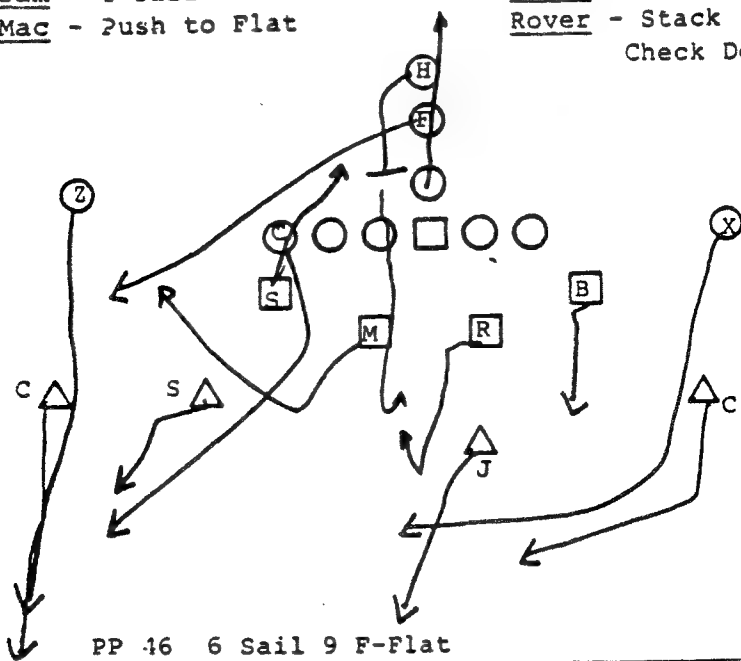
Rover -
to



PP 35 Trap 908 H Fly

Sam - Y Sail
Mac - Push to Flat

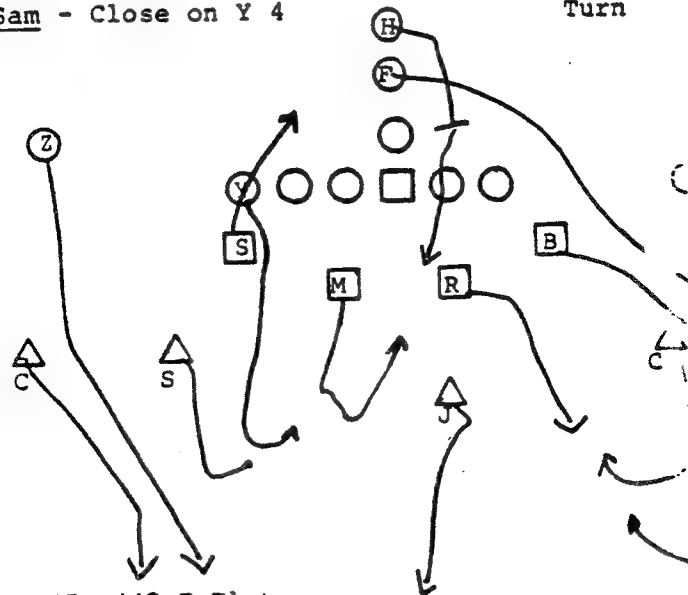
Buck - Stack
Rover - Stack
Check Down



PP 46 6 Sail 9 F-Flat

MAC - Y 4 - React
to check down
Sam - Close on Y 4

Buck - Flat
Rover - Push
Turn

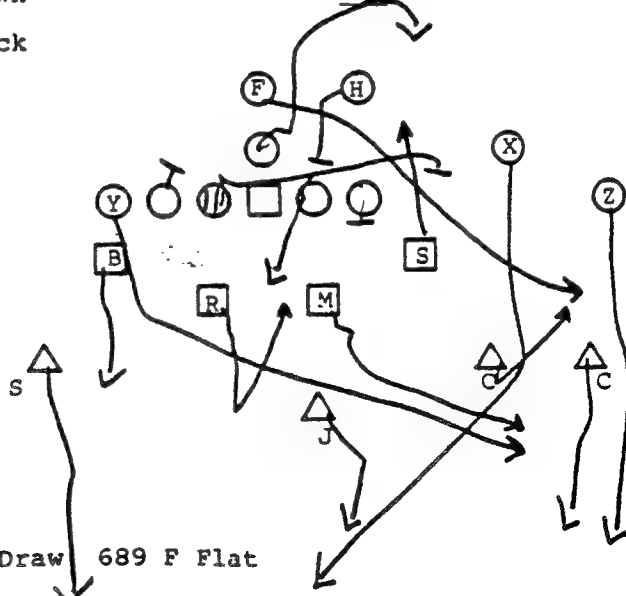


PP 47 448 F-Flat

Rover - Hold off 6 Check
Down

Corner - Flat
MAC - Y 6 Cross

Buck - Stack

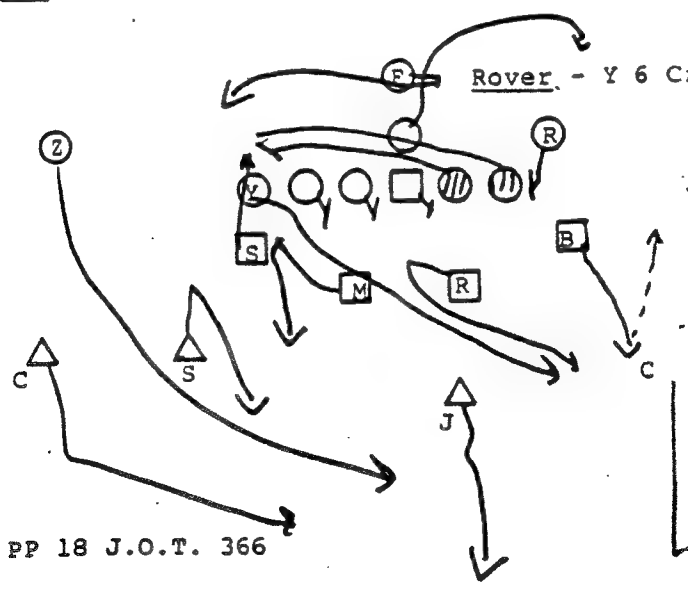


PP 25 Lag Draw 689 F Flat

MAC - React to Y Cross
Sam - Alert to F Wide

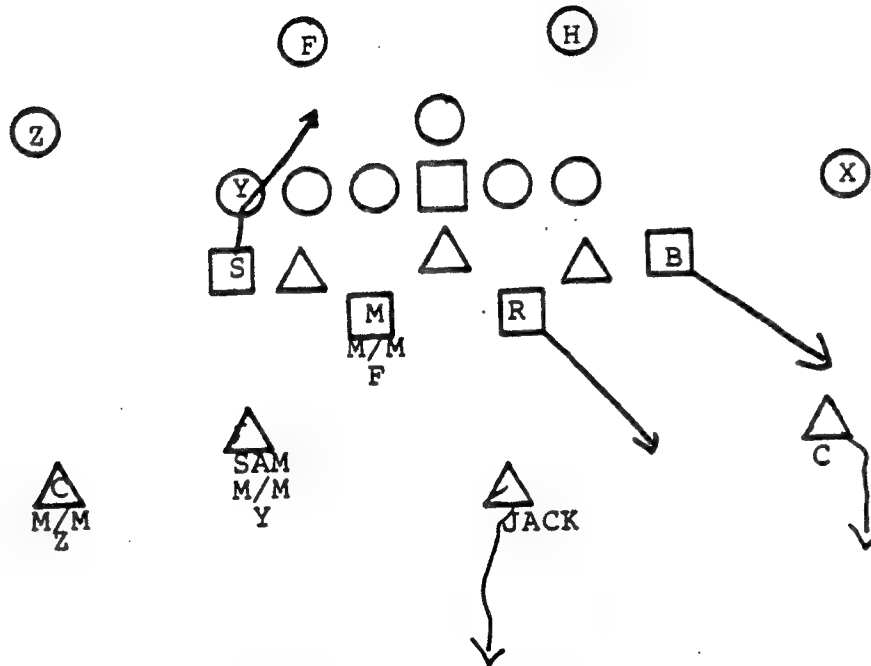
Buck - Stack to F
Y Cross

Rover - Y 6 Cr



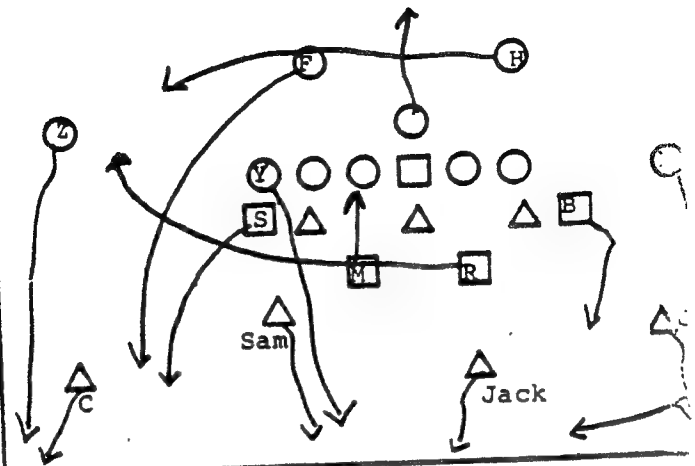
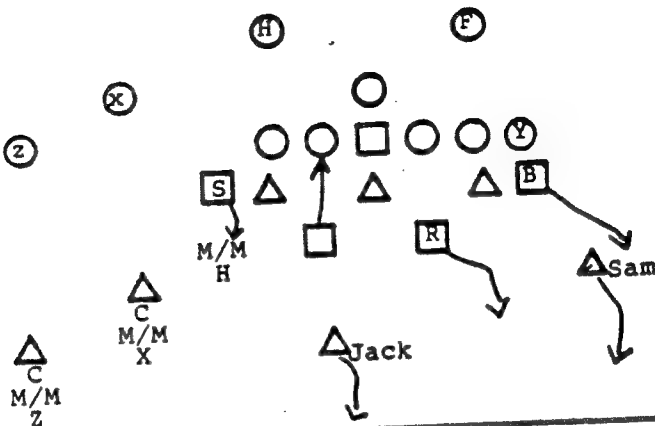
PP 18 J.O.T. 366

STUB STAR - "Stay" Call - Strongside M/M - Weakside Zone Sam or Corner make call by game plan. Backers must know Stay Call.



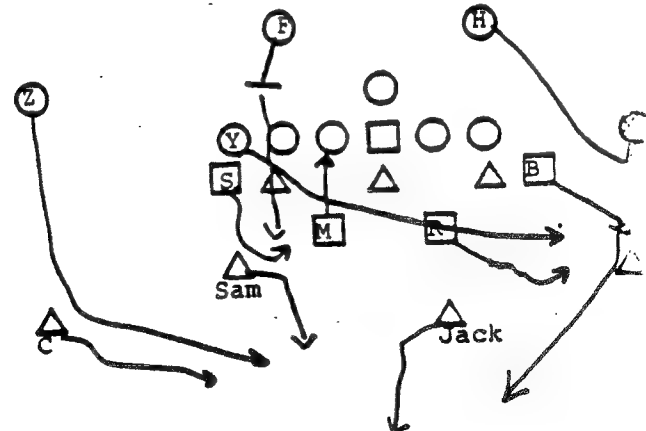
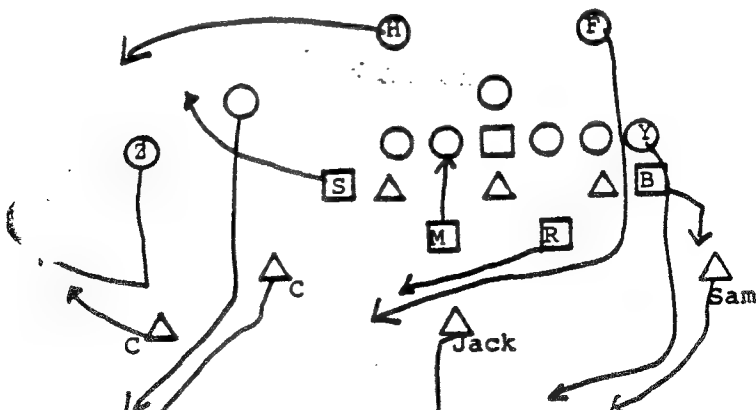
Stay - Good VS Poc or Double Poc - Slots
Strong Backer or Sam can Pass Crossing Routes to Zone.
Rover must play Strong Flood - or Close Crosses M/M.

Rover - Play Strong Flood M/M.



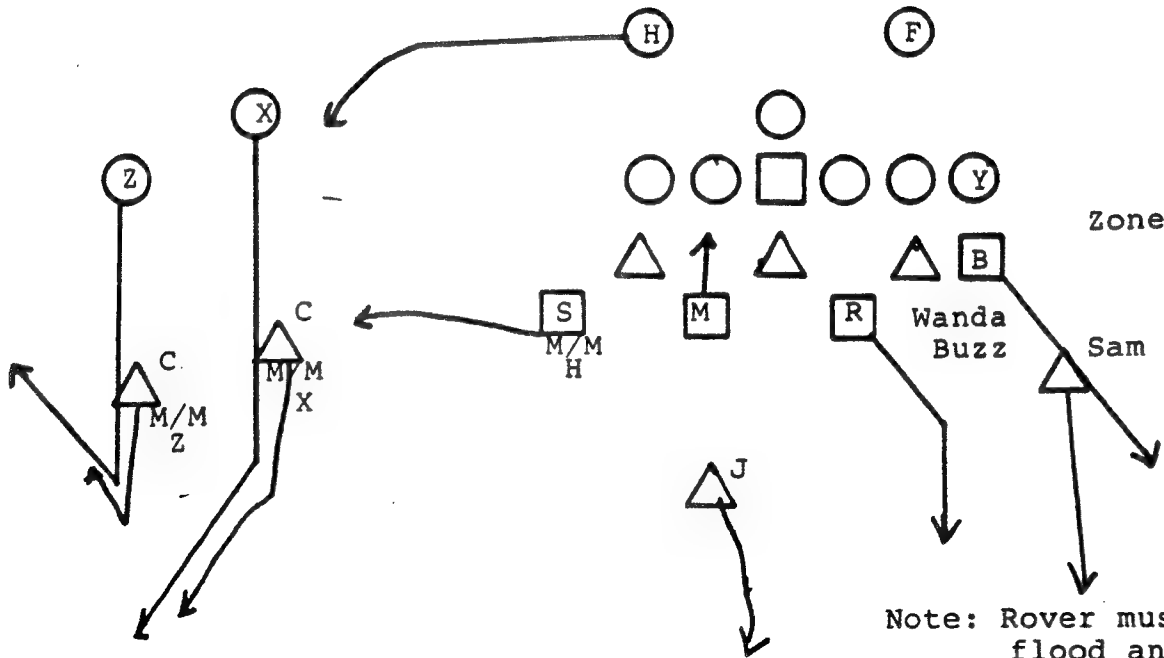
Rover - Play F Cross M/M

Sam - Pass Y Cross Off to Rover



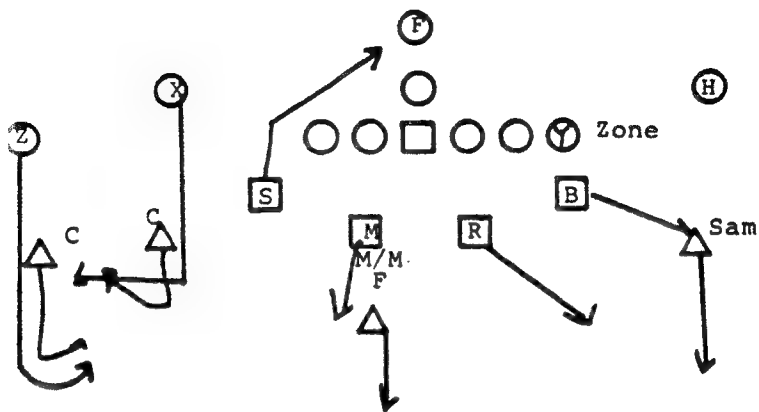
"STAY" Call = Strongside M/M - Weakside Zone - Backers "must" know when Stay Call is on. (Can be used vs Double Poc)

Red - Blue - Trips Slots = Mac
I - Brown - Ace Slots = Stub



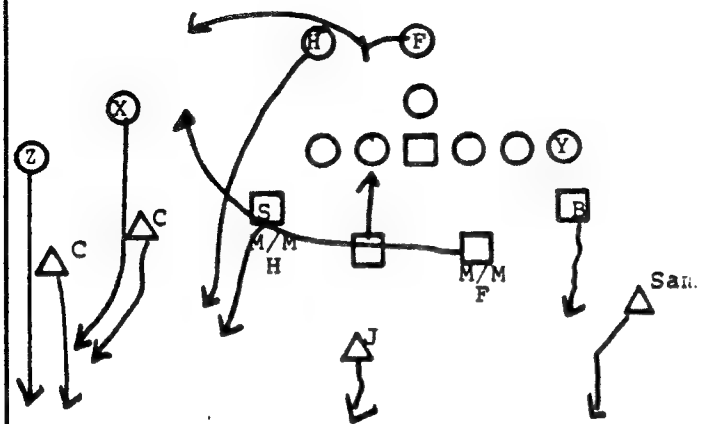
Vs. Ace Slot.

Mac: Play F M/M S/S - West - Fog look for crosses and play them M/M.

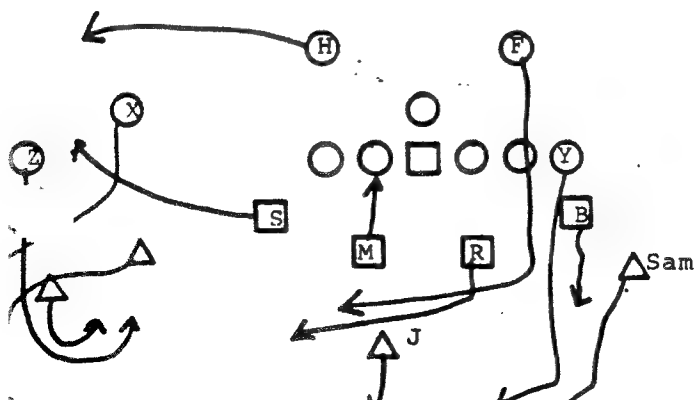


Vs South - (Strong Flood)

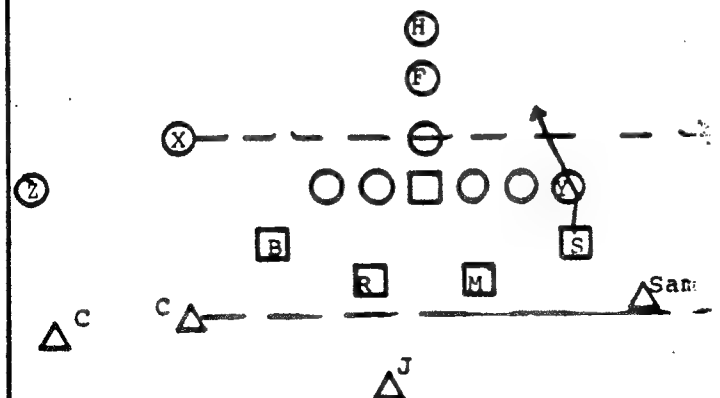
Rover play F M/M.



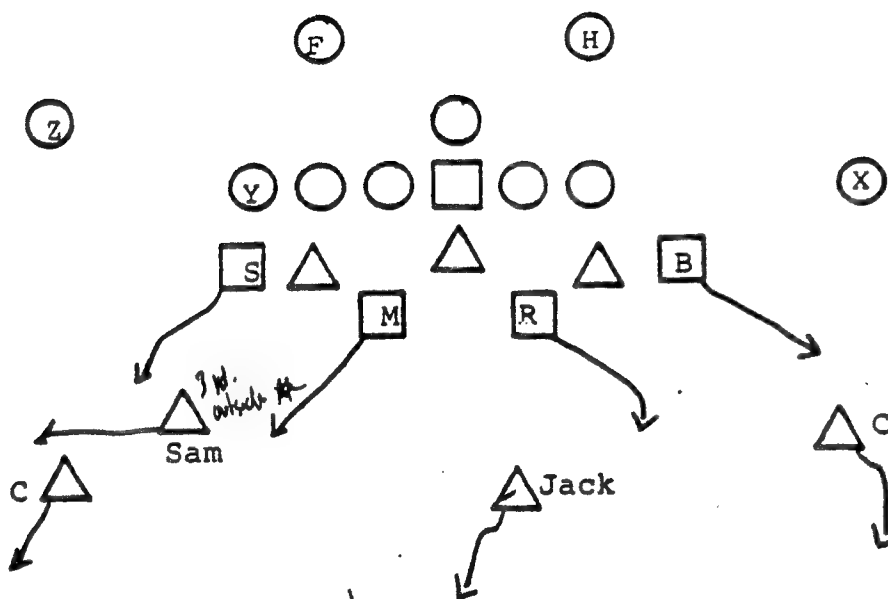
Vs Close Crosses - Rover Play F M/M.



XOM to Regular = Stub Star

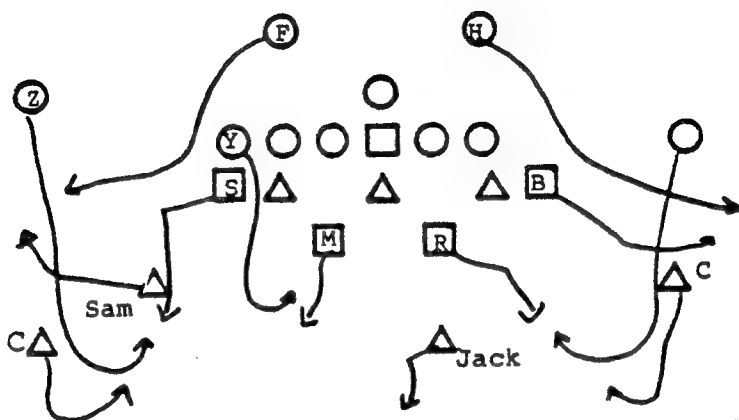


30 ZONE - Cover 6 Loaded - All Linebacks Drop into Coverage -
Sam or Cleo Buzz to Cover Flat - 3 Man Pass Rush

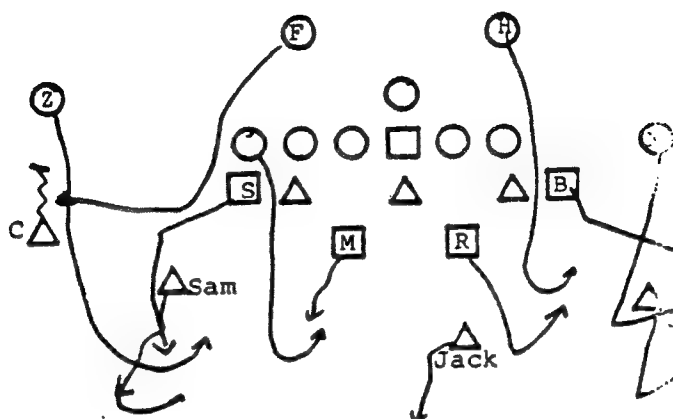


- Sam - Buzz to Flat *3 W. outside #5*
 Stub - Buzz to Slot Pattern Read Y & F
 Mac - Buzz to Hook Pattern Read Y & F
 Rover - Buzz to Hook Pattern Read H
 Buck - Buzz to Flat Pattern Read H

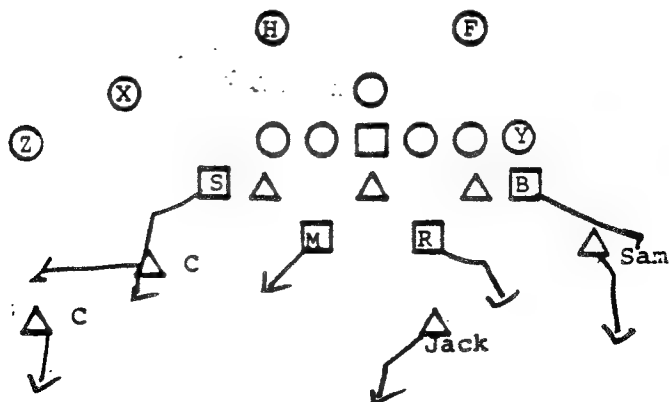
One Sam



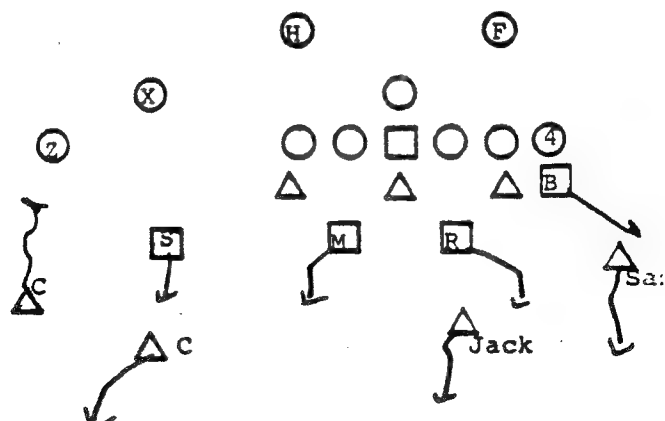
Zone Cleo



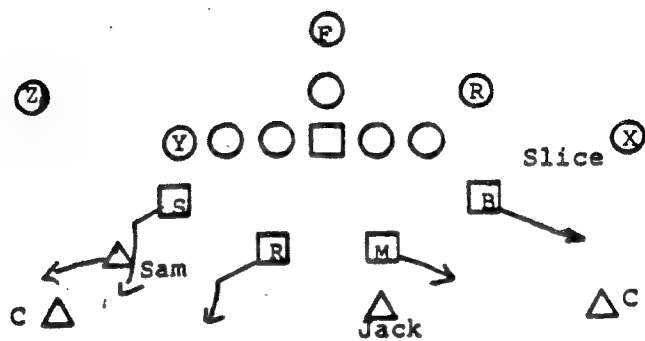
Zone Sam VS Slot



Zone Cleo VS Slot
Stub must be in Stowaway

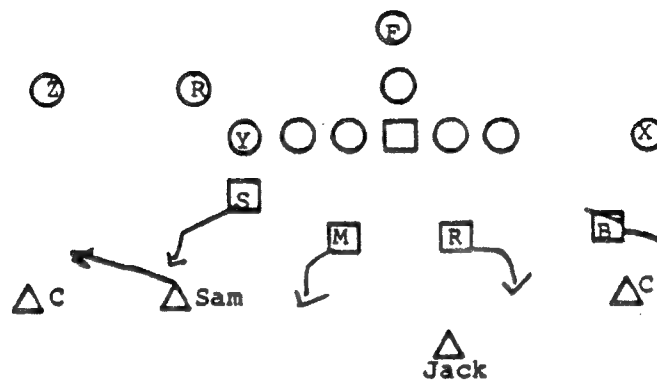


ZONE VS ACE

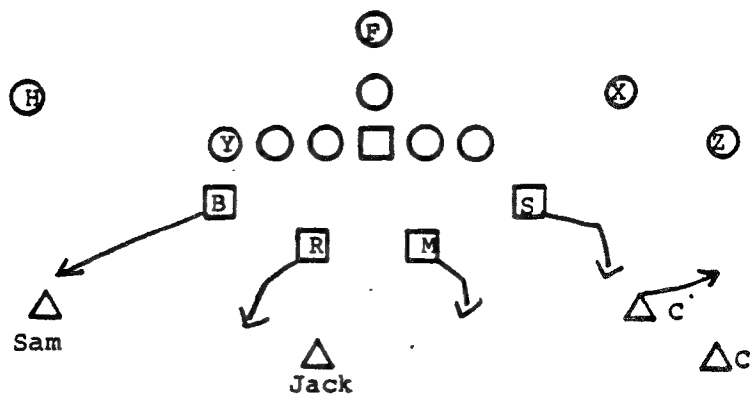


ZONE VS TRIPS

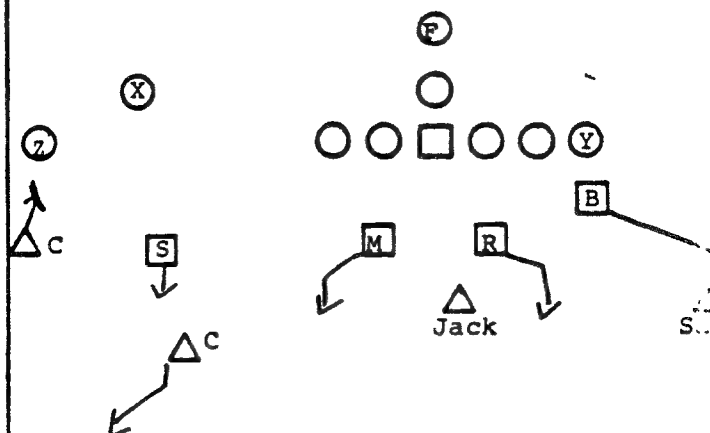
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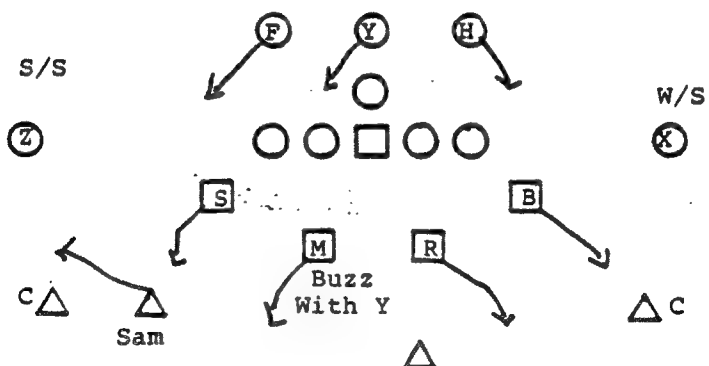
ZONE VS ACE SLOT



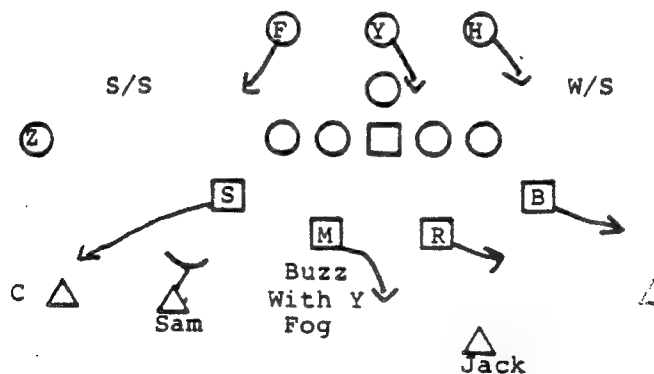
ZONE CLEO VS ACE SLOT



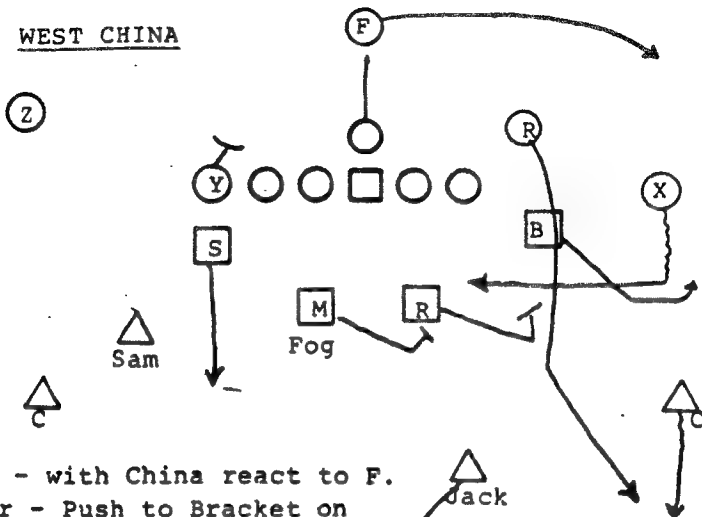
ZONE VS TEB



ZONE BUSTER VS TEB

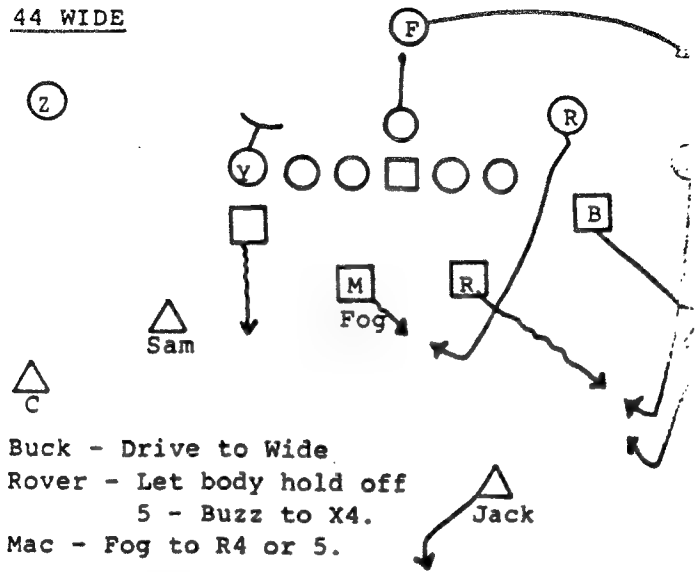


WEST CHINA



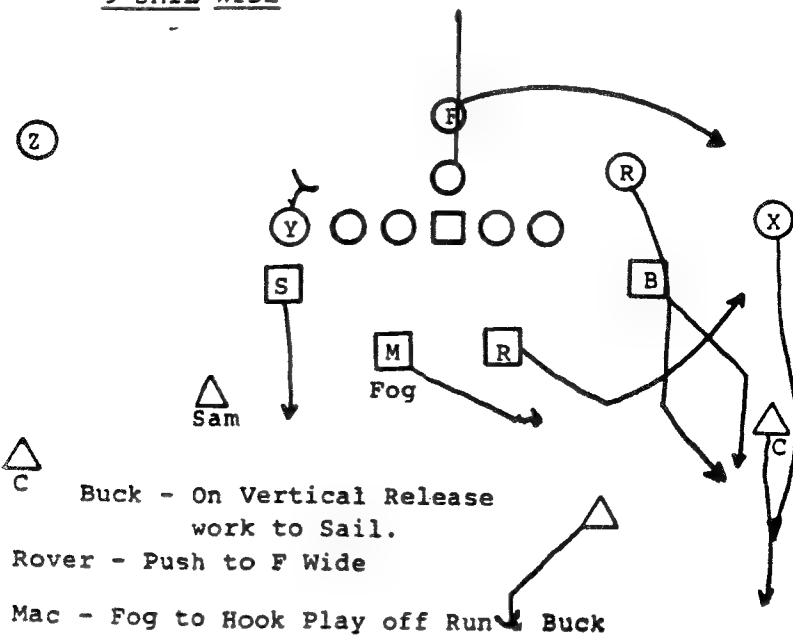
Buck - with China react to F.
 Rover - Push to Bracket on China.
 Mac - Fog to Ins. Bracket on China.

44 WIDE



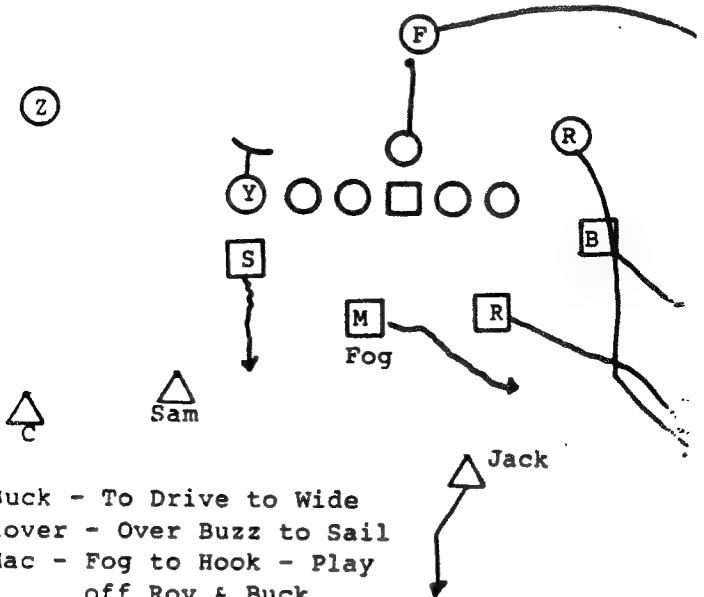
Buck - Drive to Wide
 Rover - Let body hold off
 5 - Buzz to X4.
 Mac - Fog to R4 or 5.

9 SAIL WIDE



Buck - On Vertical Release work to Sail.
 Rover - Push to F Wide
 Mac - Fog to Hook Play off Run Buck

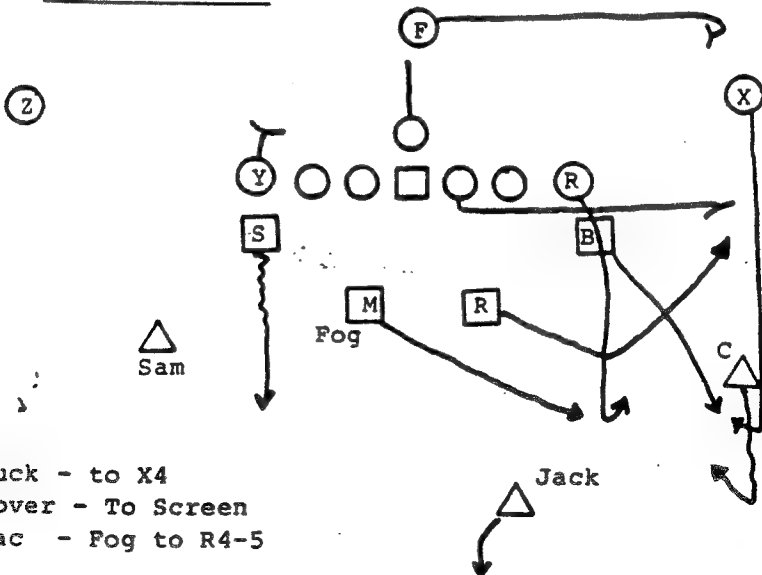
Game Plan - "Overbuzz" method
 9 SAIL WIDE



Buck - To Drive to Wide
 Rover - Over Buzz to Sail
 Mac - Fog to Hook - Play off Rov & Buck.

Basic Way to Cover Wide Screen

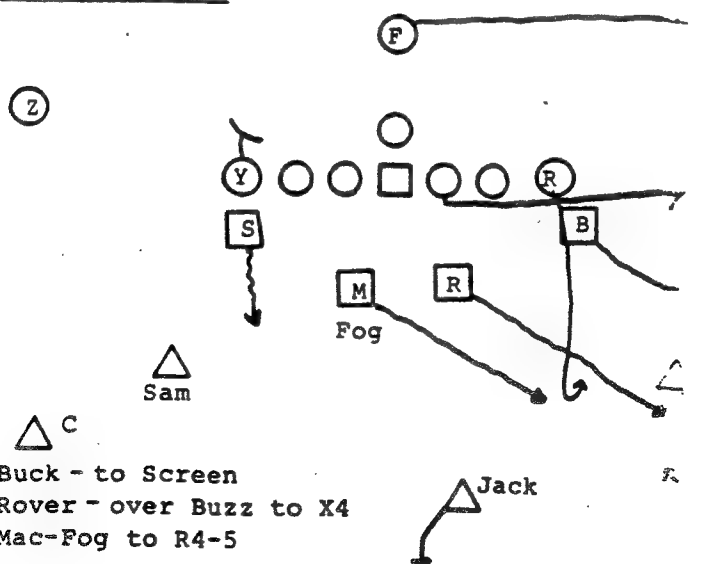
45 WIDE SCREEN



Buck - to X4
 Rover - To Screen
 Mac - Fog to R4-5

Adjusted Way to Cover Wide Screen

45 WIDE SCREEN

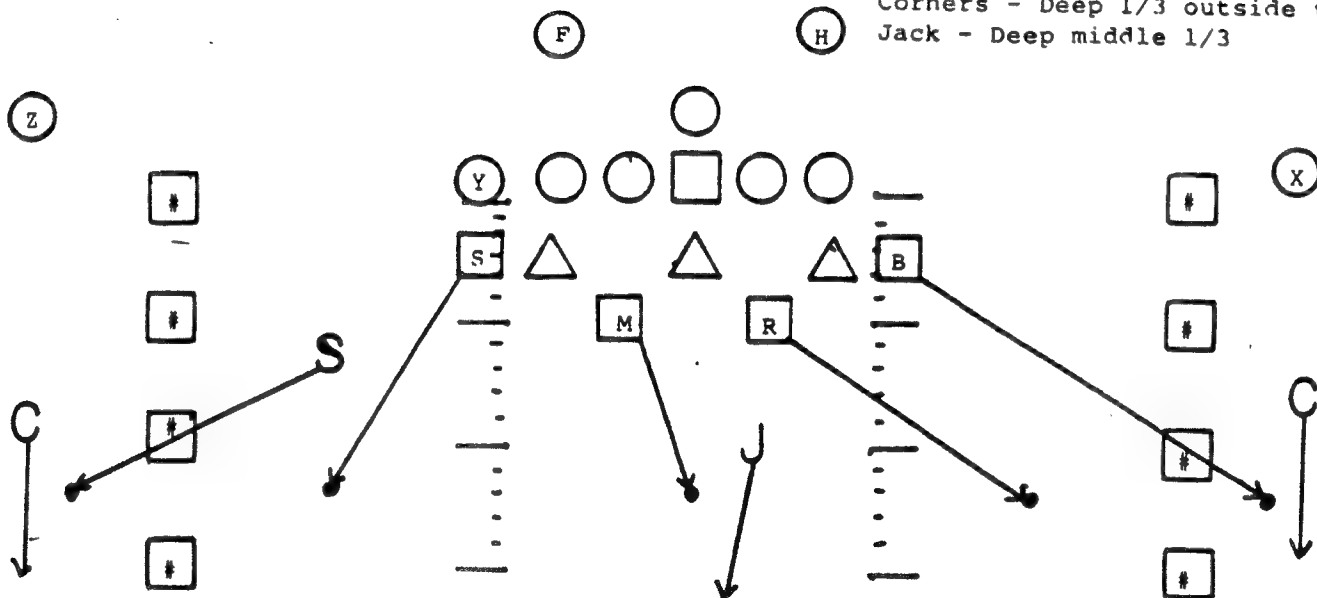


Buck - to Screen
 Rover - over Buzz to X4
 Mac - Fog to R4-5

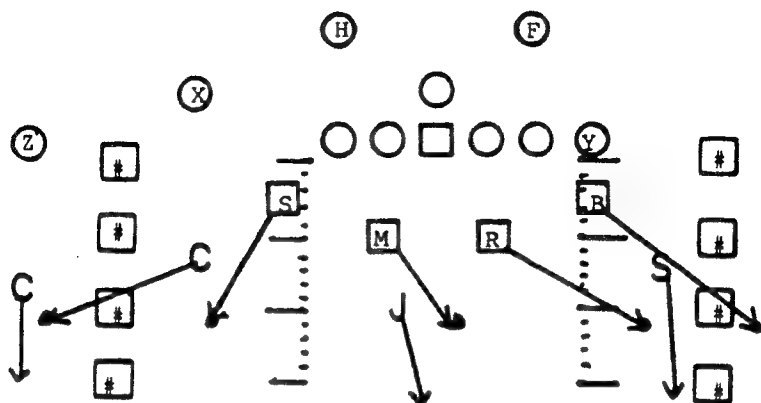
30 Zone "Mark" (Under Coverage Buzz to "Landmark"
10-12 yards deep - play everything
from "Top-Down"-Pure Zone)

Buck - 3 yards outside Numbers (#)
Rover-1/2 way between Hash & Numbers(#)
Mac - Mid point of Hashes
Stub-1/2 way between Hash & Numbers(#)
Sam - 3 yards outside Numbers (#)
Corners - Deep 1/3 outside technique
Jack - Deep middle 1/3

Regular

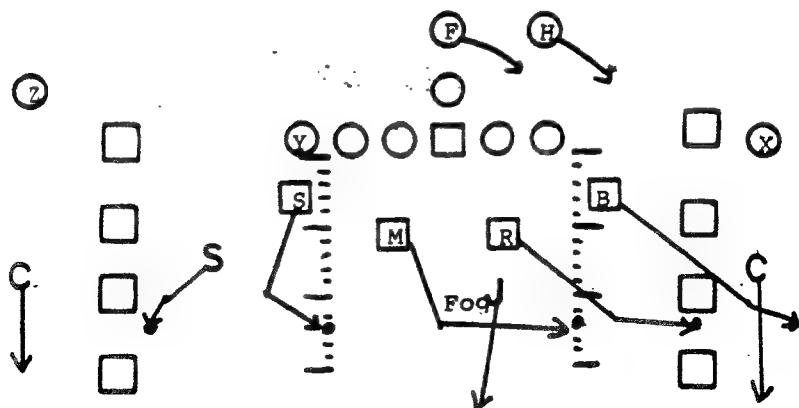


SLOT

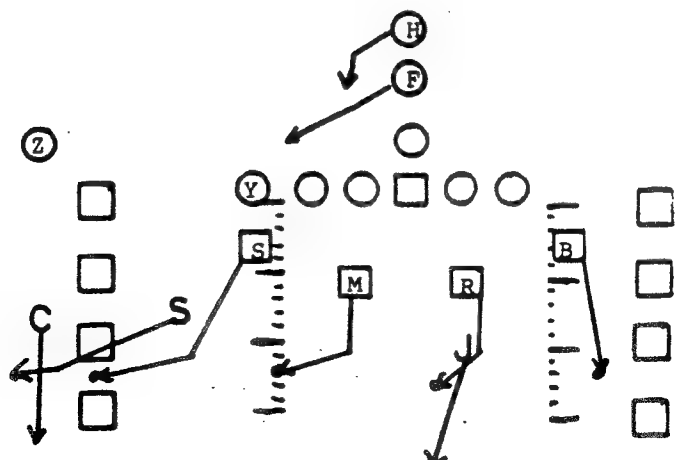


Buck - 3 yards outside Numbers (#)
Rover - 1/2 way between Hash
Mac - Mid point of Hashes
Stub - 1/2 way between Hash & Numbers(#)
Sam - Deep 1/3 outside technique
Jack - Deep Middle 1/3
Inside Corner - 3 yards out Numbers (#)
Outside Corner - Deep outside 1/3 outside technique.

WEST - PLAY PASS WEAK

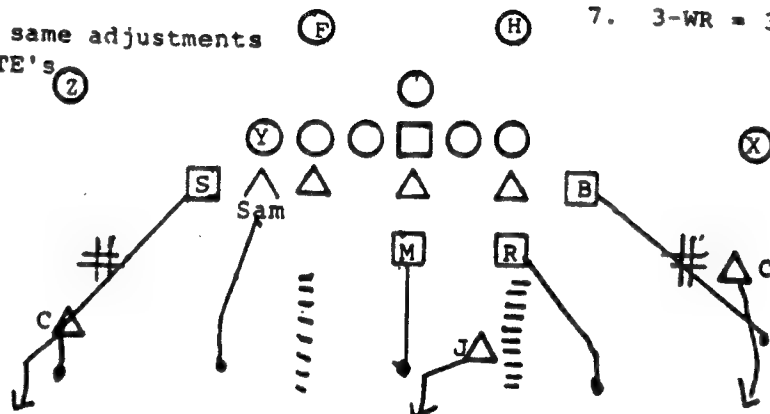


SOUTH FLOOD - PLAY PASS STRONG

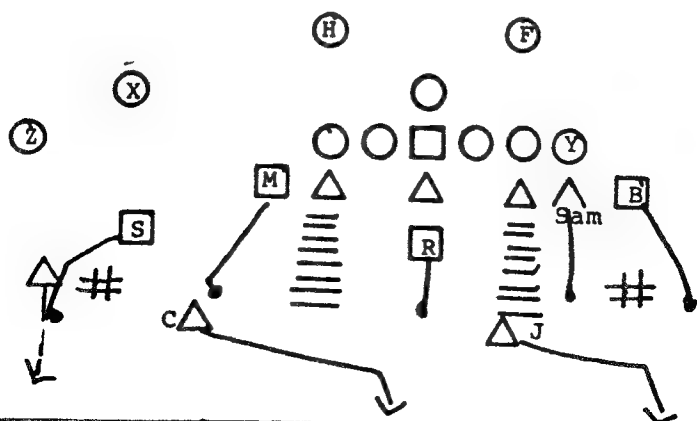


1. Sam & LB's Mark Diamond Buzz RED (REGULAR)
2. Make normal Diamond alignments and adjustments.
3. Stub walk off on all slots.
4. Sam & LB's make same adjustments to movement of TE's & Backs.

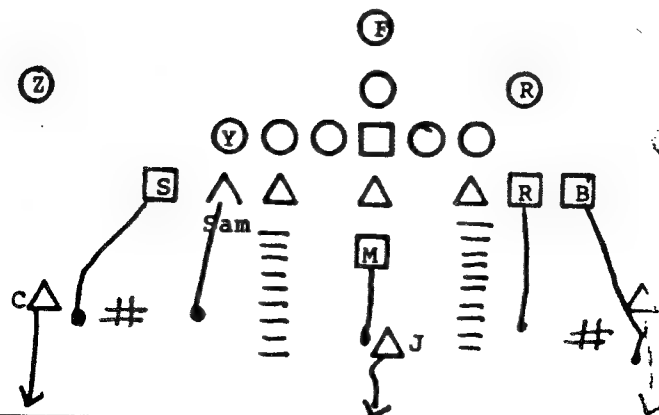
5. Play Diamond run force & fills.
6. D.E. align & play Fin. Contain Ru
7. 3-WR = 30 Zone



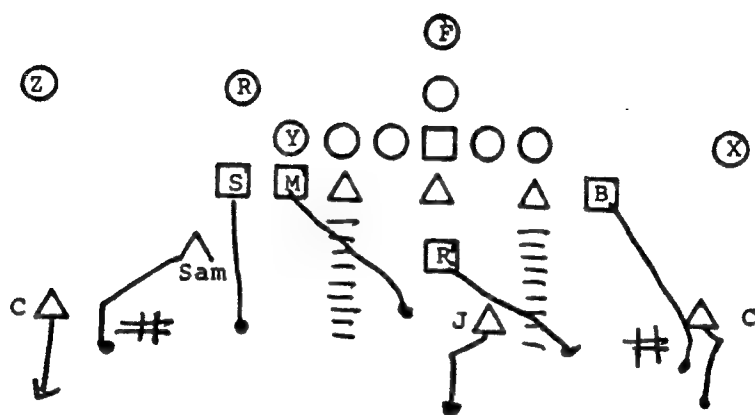
SLOTS



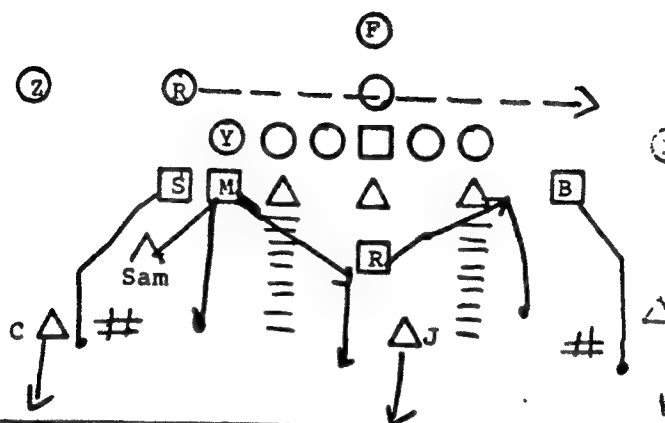
ACE



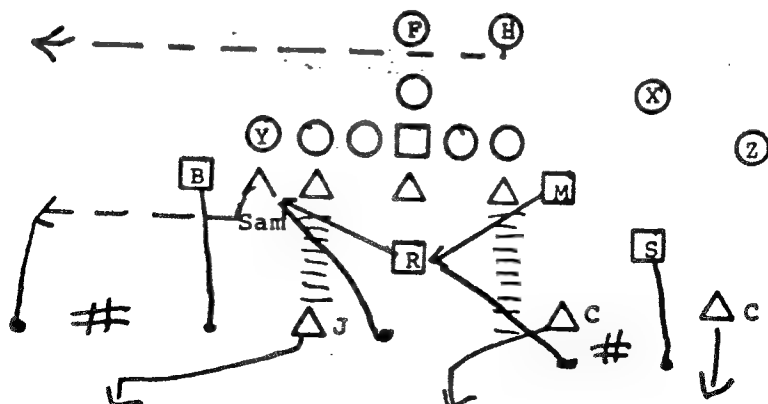
TRIPS



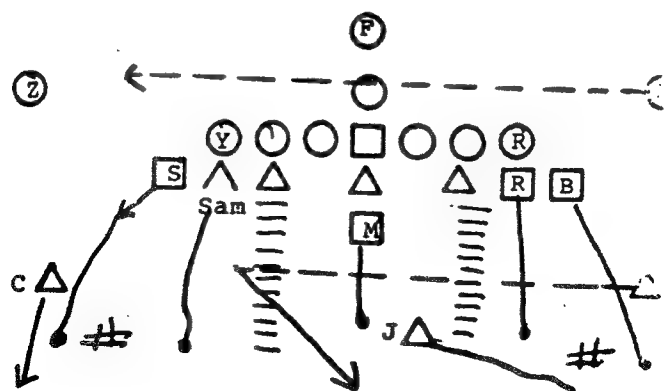
TRIPS R PEEL TO ACE

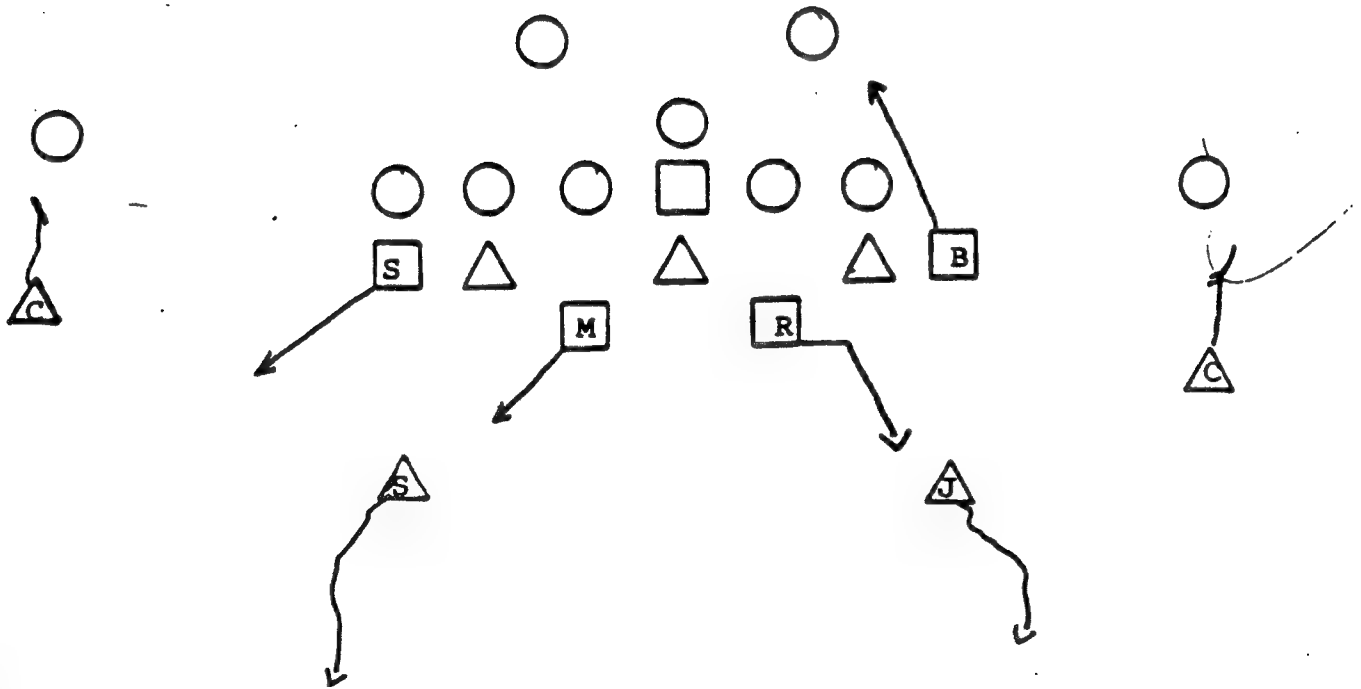


SLOT H PEEL TO ACE SLOT



ACE XOM TO TRIPS SLOT





DAKOTA = Double Zone - Safeties will have Half Field. Both Corners will Roll Up on Wide Receivers. This is a good change up Defense.

CORNERS: DELAY RECEIVER'S DOWNFIELD ROUTE BY BOUNCING THEM TO THE INSIDE. This technique will allow our LB's to be able to reach the turn and slant areas. It is a must that you interfere with the downfield progress of X and Z. Success or failure of the defense depends on how aggressive you are on the Outside Receivers. Cleo force. Key 2nd Receiver For Pattern Read. When X or Z clears your area, drop and pick up next receiver. Your responsibility is the short outside zones.

SAFETIES: Zone your deep half of the football field. Line up deeper and wider, so that you will not have to run blindly to your area of responsibility. If there is no deep outside threat, look to help LB's deep inside.

STUB: Zone slot area. Cover outside release of Y or LB. Look for Z curl and slant, Y stop, LB stop. Strong hold up on Y, you should be last man into coverage.

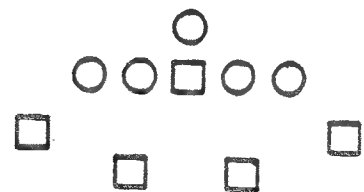
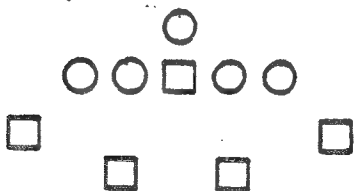
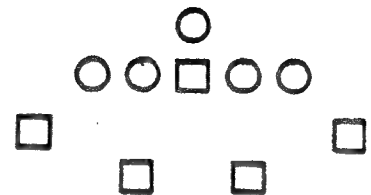
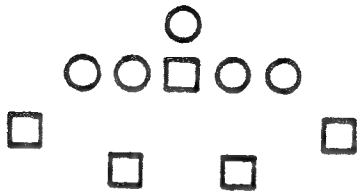
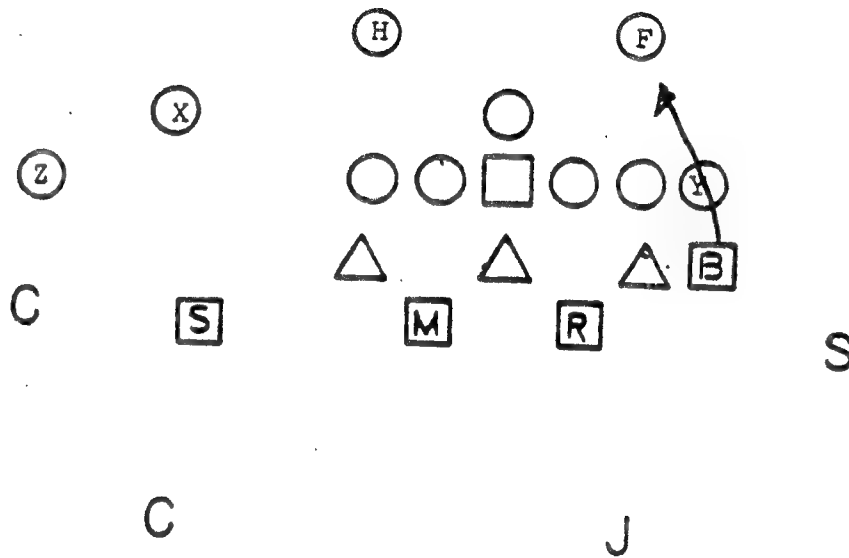
MAC: Align a Yard Deeper, Zone strong hook to post. Take inside release of Y or LB M/M to post. If no receivers in your area, look for receivers on In Patterns.

ROVER: Align a Yard Deeper, Zone weak hook to post. Take weak back circle M/M to post. If no HB Tite, look for X curl, slant, and receivers coming.

NOTE: Corners have 3 rotation techniques.
 1. Roll up & Jam.
 2. Dakota Press
 3. Hang

DAKOTA VS SLOT

STUB - Always Align in Stowaway on Slot. -- Zone Slot Area Cover
X Seam or Hole.

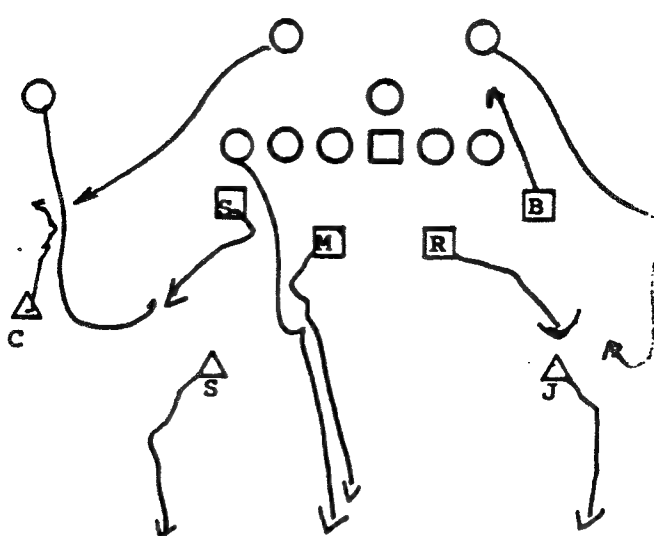
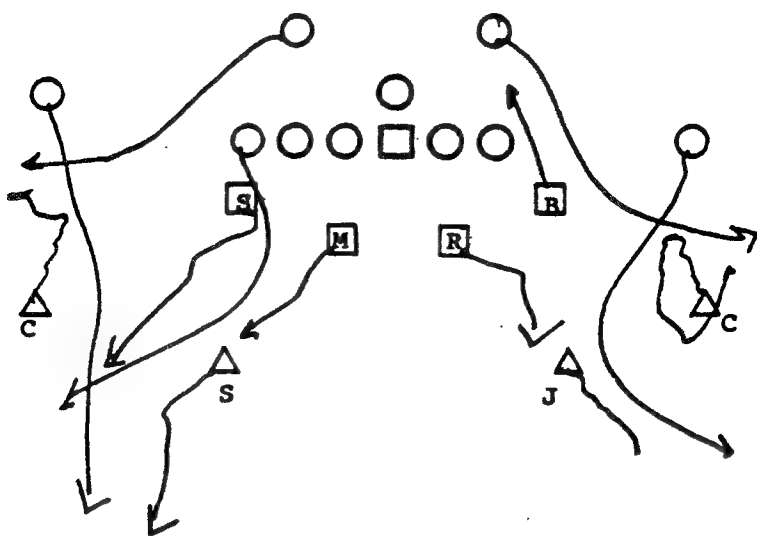
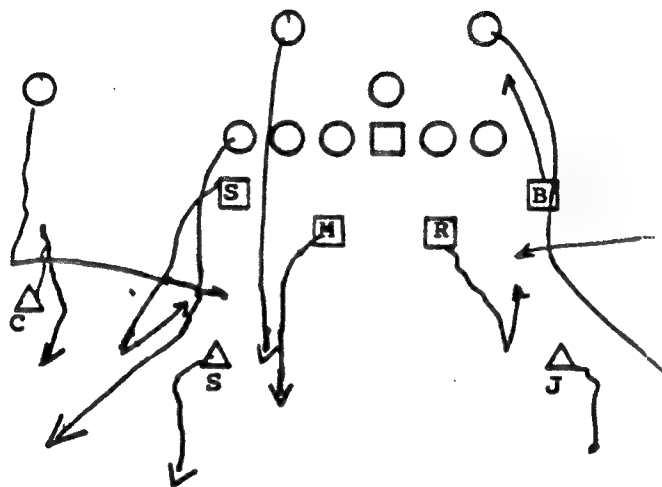
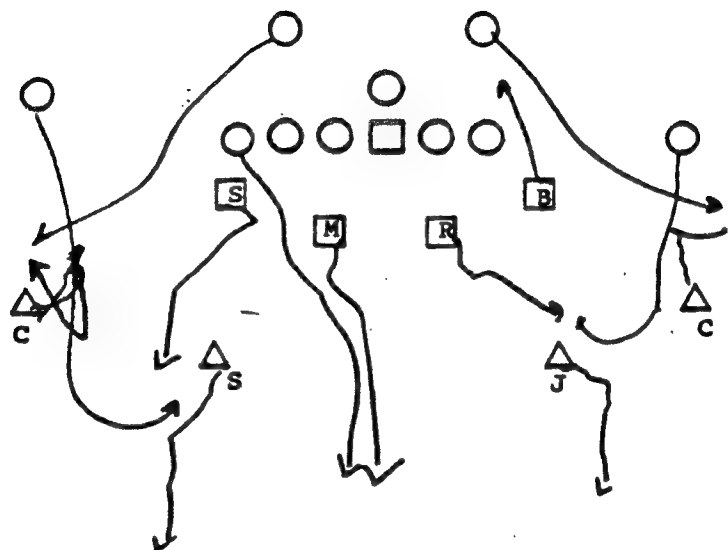


DAKOTA

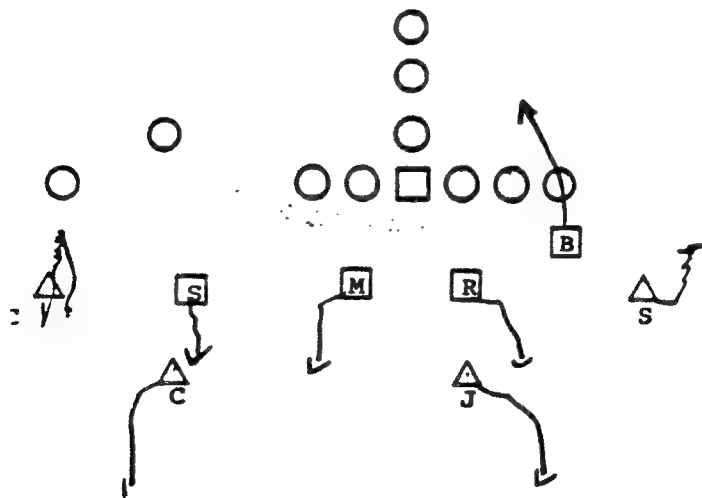
124

Supbank play

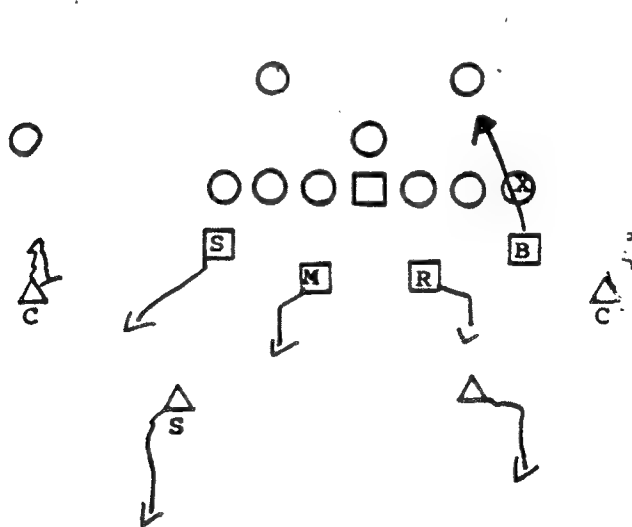
DAKOTA



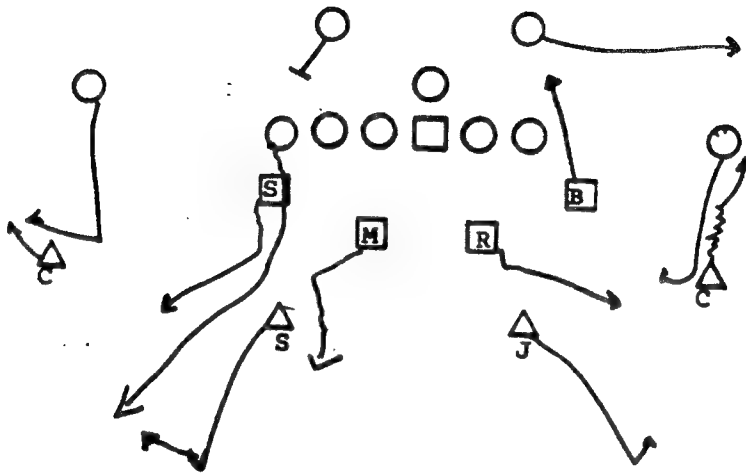
Stub - Away Stowaway on Slot



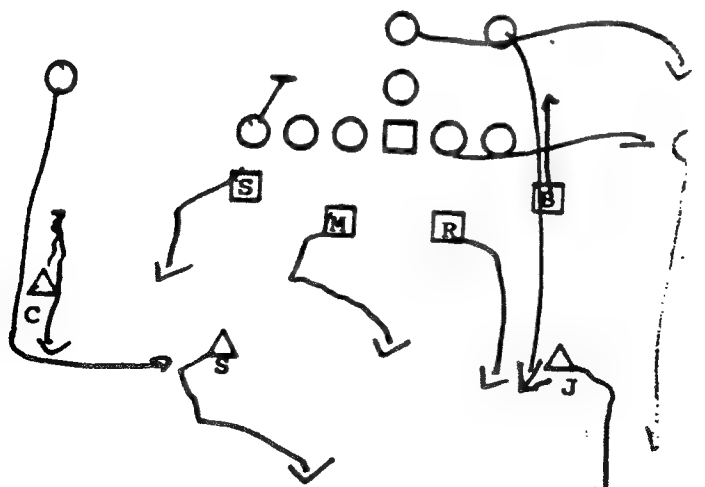
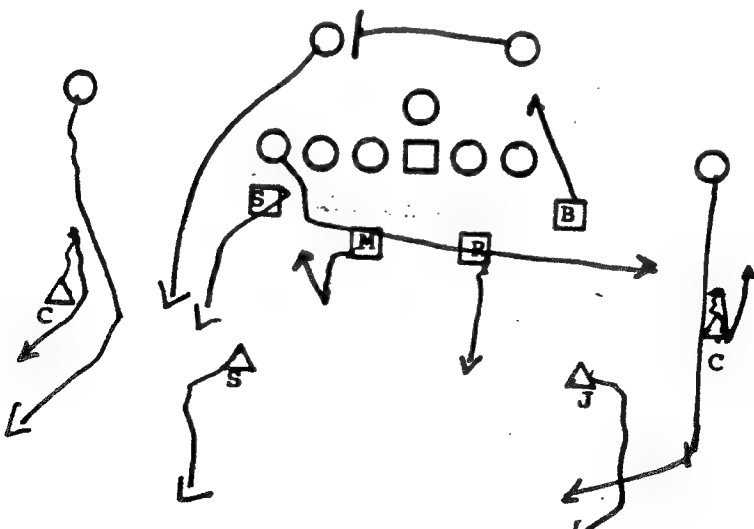
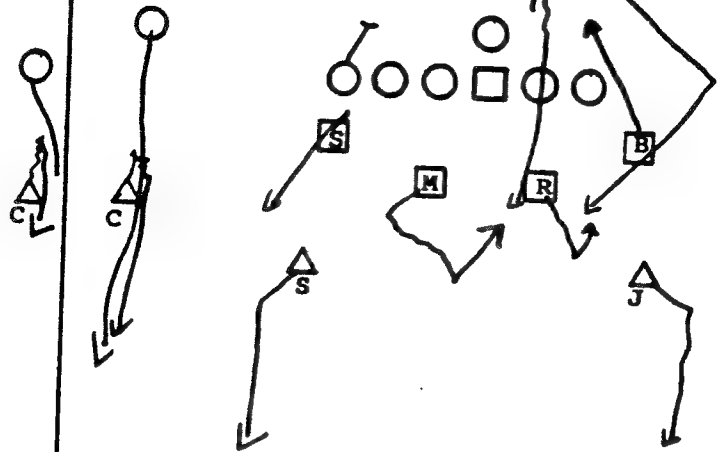
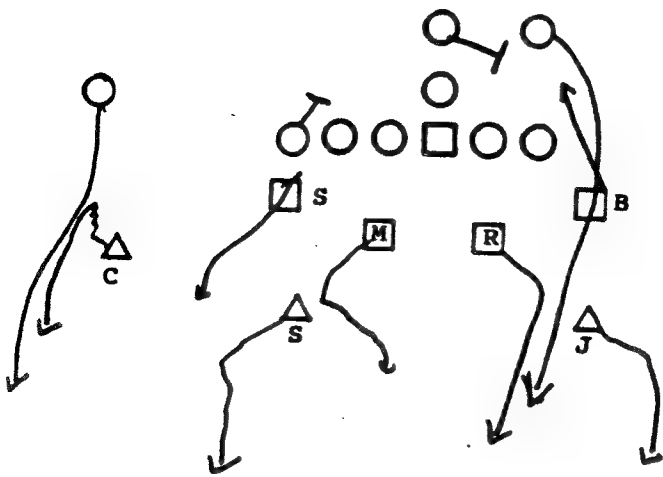
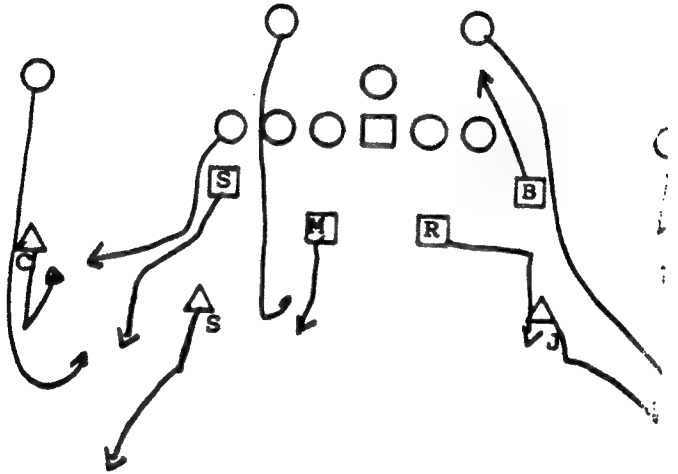
Keep on VS X Near



DAKOTA

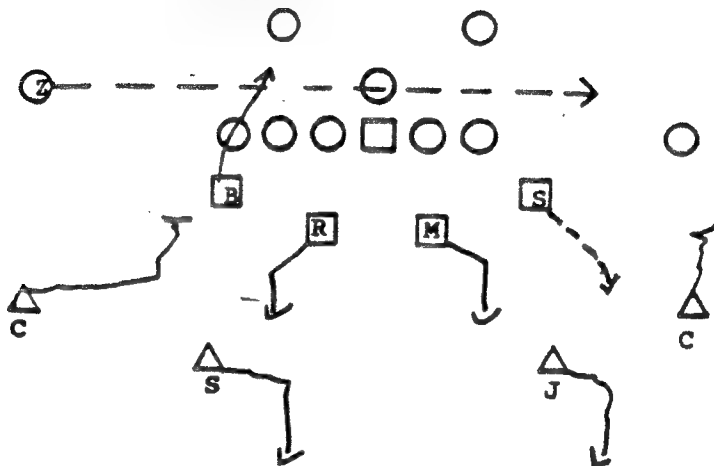


DAKOTA



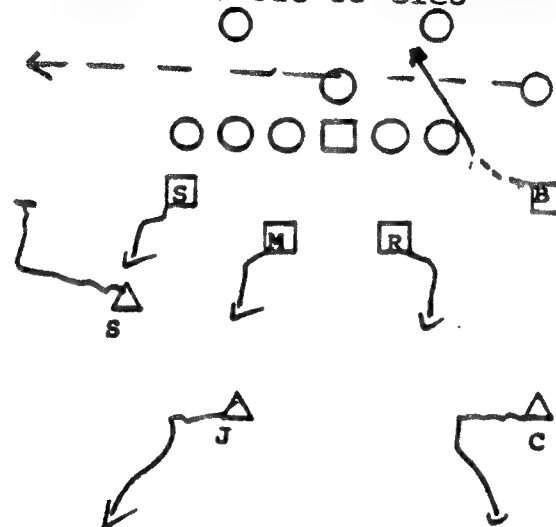
MOVEMENT

Zoom - Stub Stowaway on Inside Receiver



VS DAKOTA

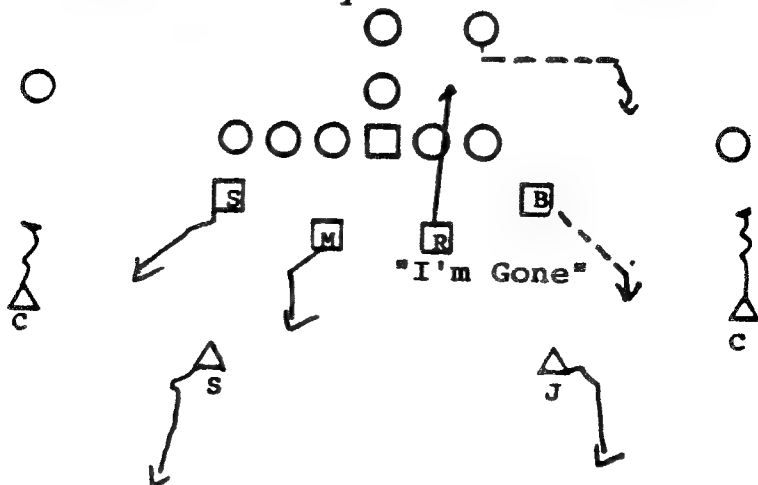
XOM - Buck Come Back in and Rush, Sam Slide Out To Cleo



H - Peel

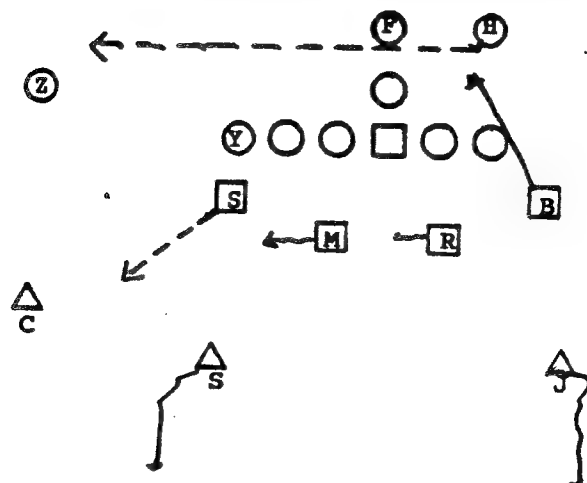
Buck = Rover

Buck Call "I'm gone" go to walk away

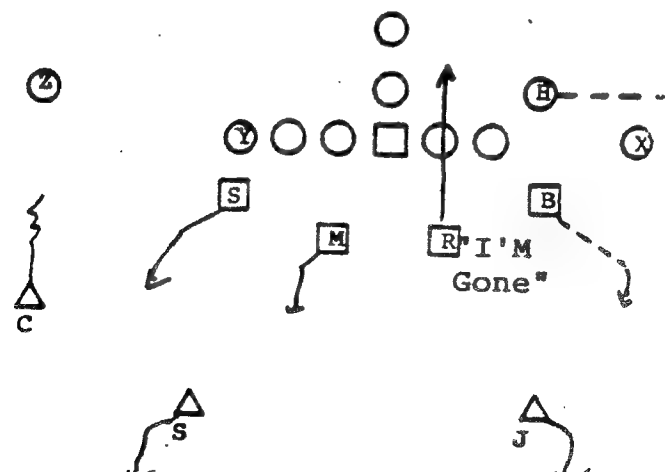
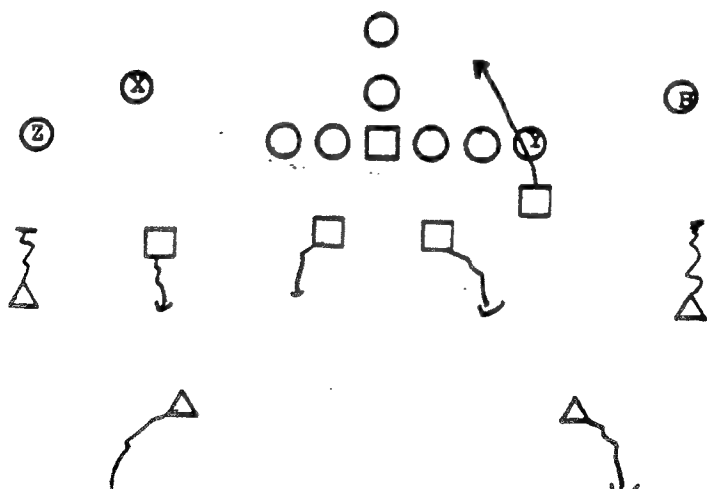


H - Motion

VS Trip Keep on Stub Come Off to Stowaway - BOS Align.



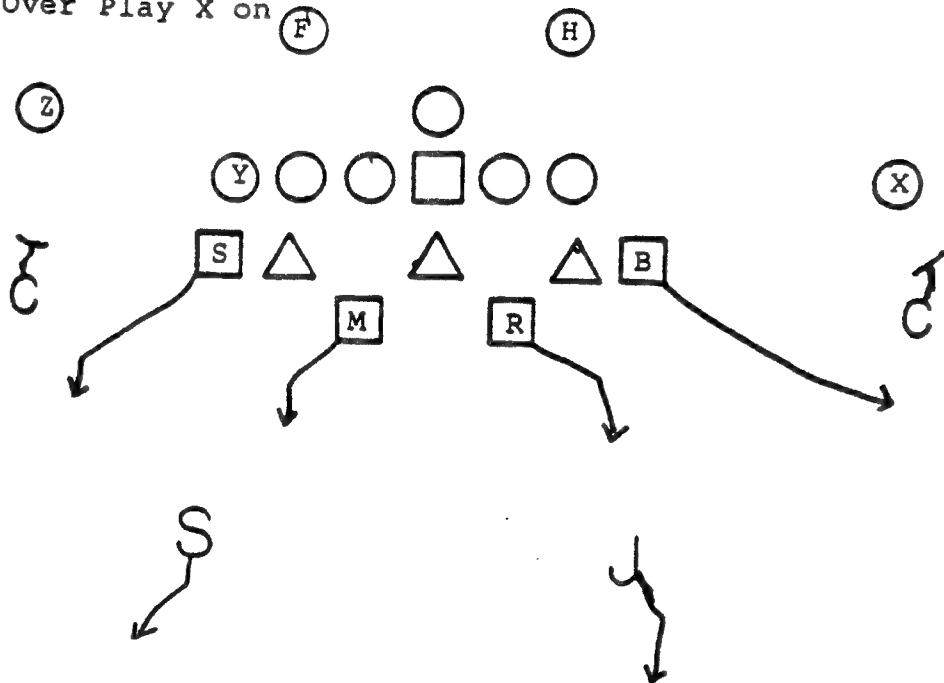
Buck = Rover Call "I'm gone" go to Walk Away on Inside Receiver.



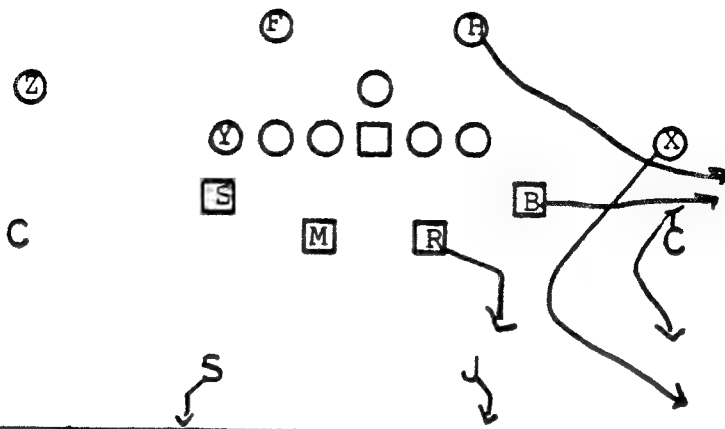
Backers Play Dakota

Buck - Buzz to Cover H Flat

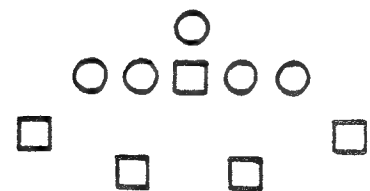
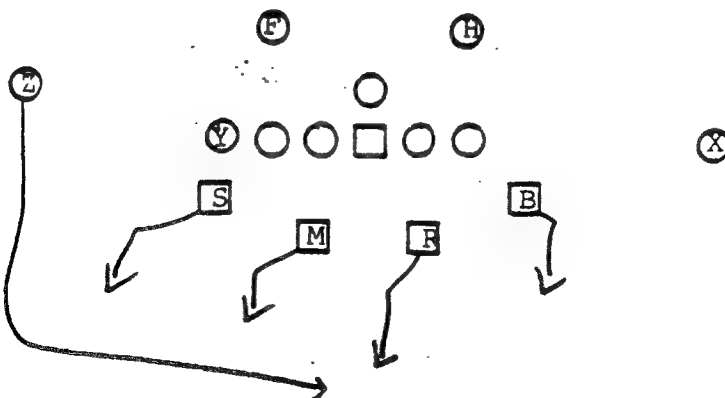
W/S Corner - Over Play X on



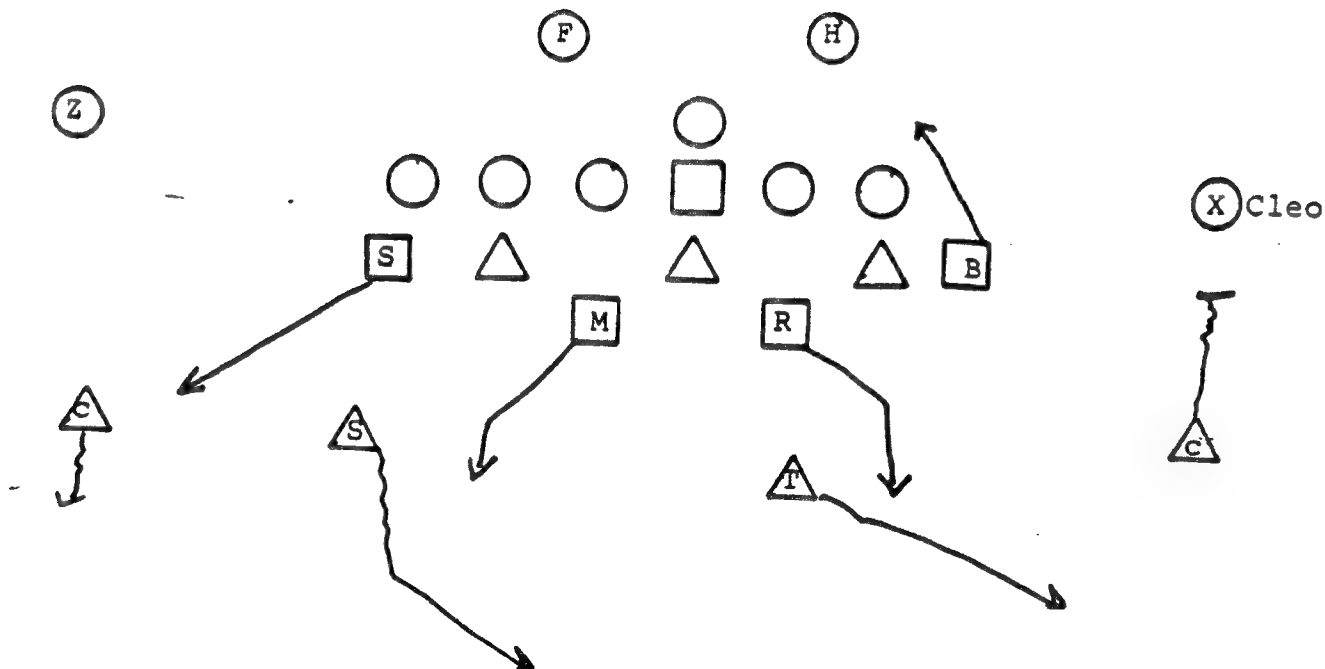
30 Dakota - Change Up - (Rover Hole)
Rover - Zone Hole for Post or 6's
 Backers - Play Dakota.



30 Dakota Rover Hole



WACO (WICHITA) COVER 4 VS REGULAR



WACO = Pre-determined. Weakside Rotation and Responsibilities. The Secondary will rotate weakside while the linebackers Buzz strongside. Diagrammed as Buck Waco.

Stub - Buzz at 45 Degree Angle to the Slot Area. Read the Pattern of Y and F. You take the Outside Release at Y and F. You must be alert for Y-Sail. Sam will help with Seam.

Mac - Check Draw. Buzz to Strong Hook Reading Pattern of Y and F. You take the inside of Y and F. Sam will help with Seam.

Rover - Check Draw - Buzz to Weak. Read Pattern of H for your Pick-up.

Buck - Read Run - Draw - Screen - Pass Rush or Stunt.

Sam - Hold off Strongside Seam then rotate to Post.

Strong Corner - Deep outside Zone. You will have "Z" Man to Man-In-Your Zone with little or no under coverage.

Jack - Hold off Weak Post - Then Rotate Weak to Deep Outside.

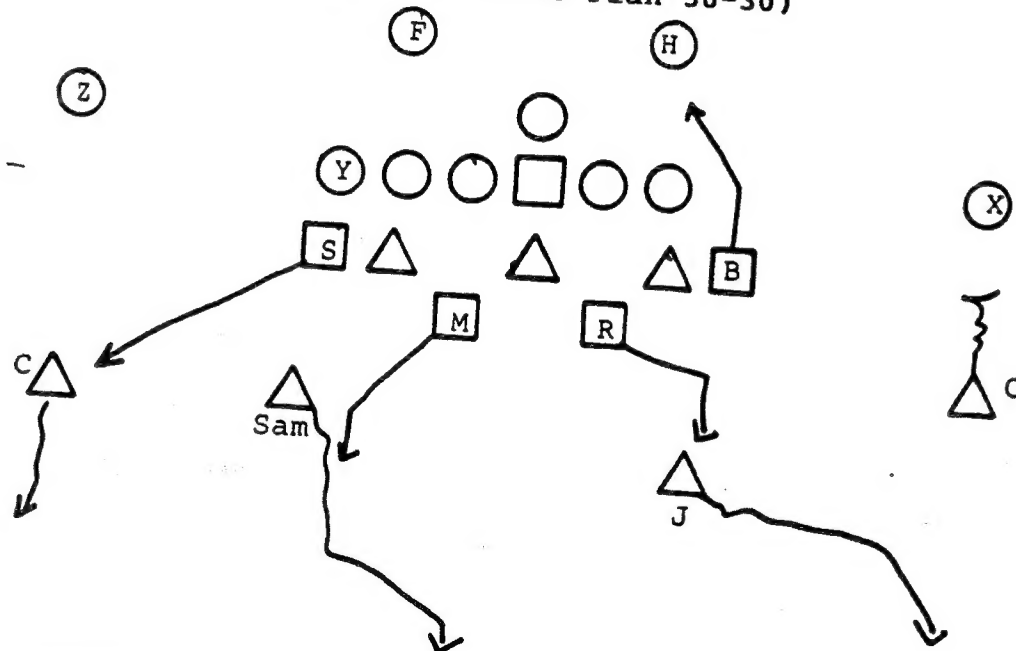
Weak Corner - Roll up on "X" delaying downfield progress. Cover any Receiver in Flat or Fan Area.

NOTE: Game Plan may call for 30 Zone or Stub Star VS Any Slot, Trips or Motion to Trips.

WACO CHECK OFFS

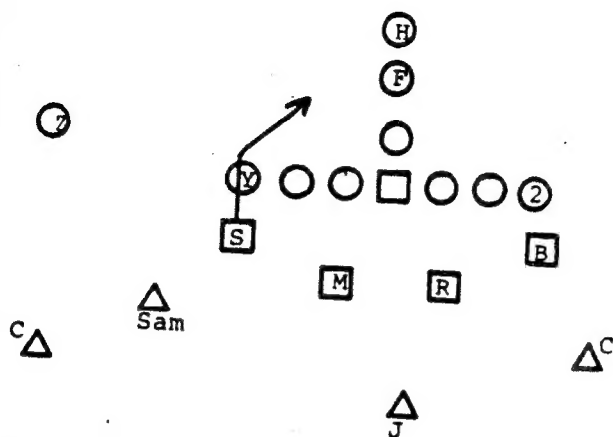
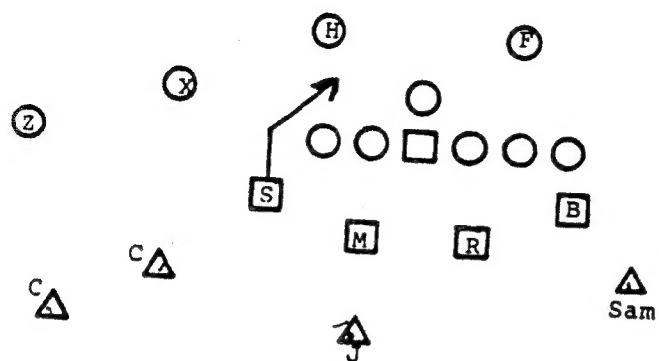
1A

1. 2 Back Slots = Stub Star or Game Plan.
2. 2 Personnel = Stub Star
3. All Trips = Stub Star
4. 3 Wide Receivers = Stub Star (Game Plan 30-30)
5. Open Formation = Stub Star
6. Ace Slot = Stub Star (Game Plan 30-30)



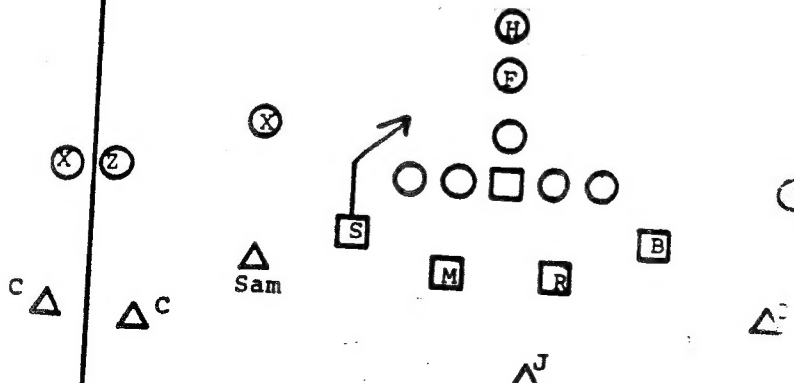
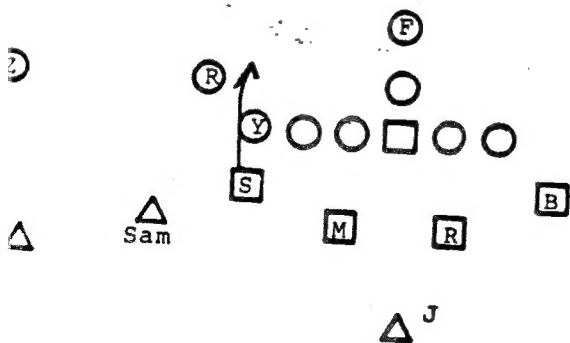
2 Back Slots = Stub Star
Keep Waco on Game Plan

2 Personnel = Stub Star



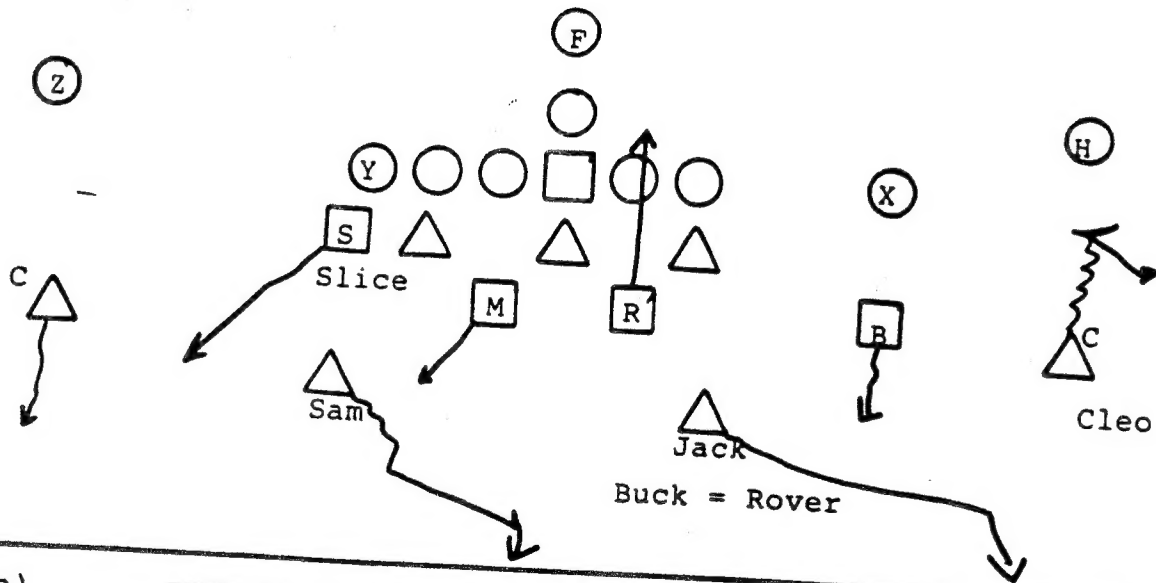
All Trips = Stub Star

3 Wide Receivers = Stub Star
Game Plan - "30-30"



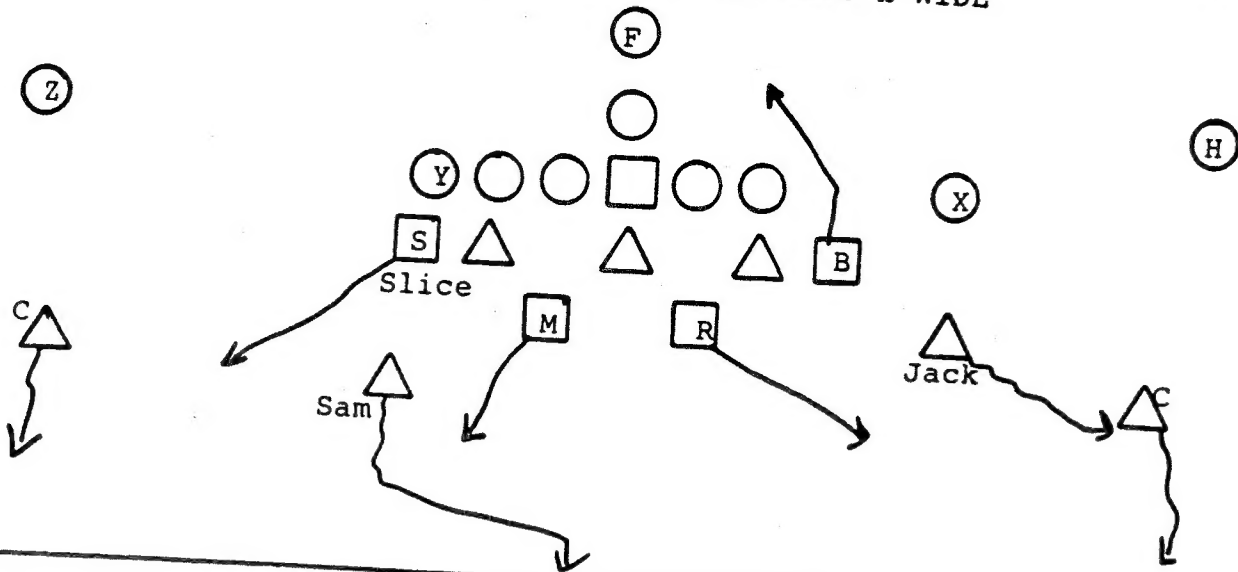
BUCK WACO
VS
ACE LEFT H WIDE

5A



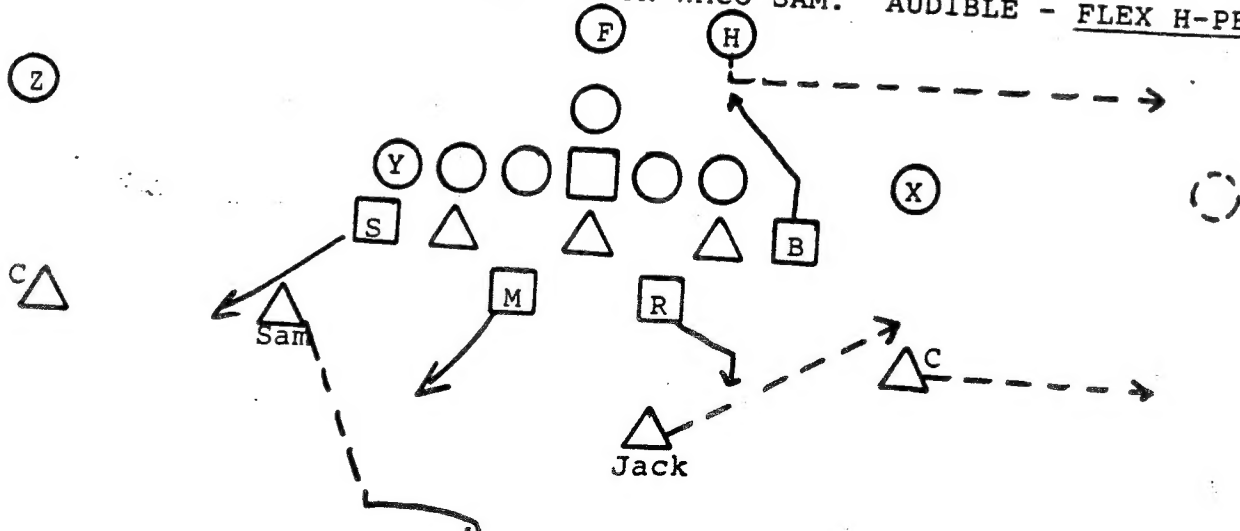
(Game Plan)

BUCK WACO ALERT SAM VS ACE LEFT H-WIDE

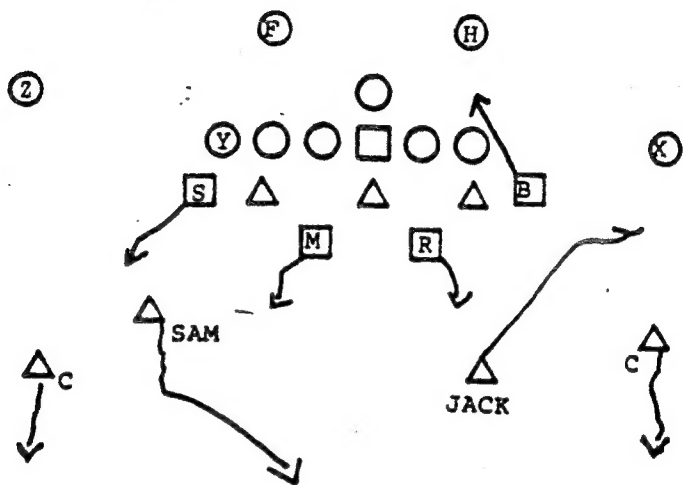


(Game Plan Adjustment)

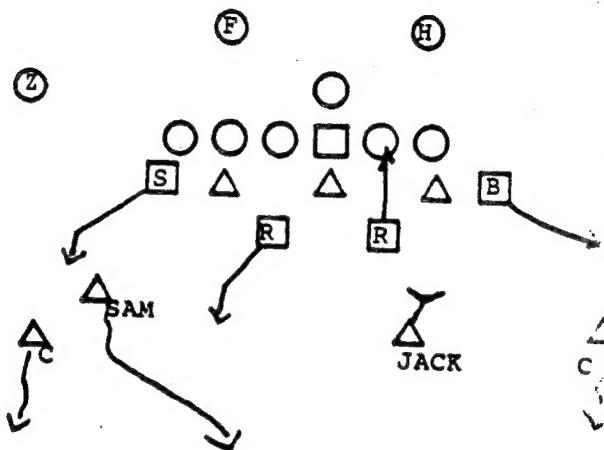
STUB STAR = BUCK WACO SAM. AUDIBLE - FLEX H-PEEL



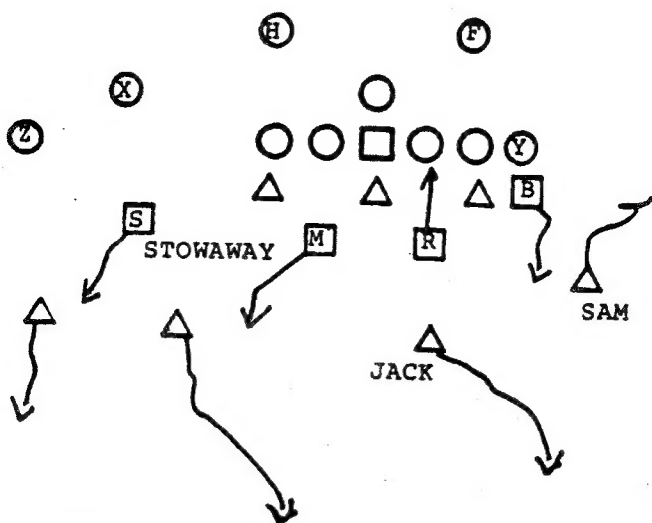
WACO - SAM



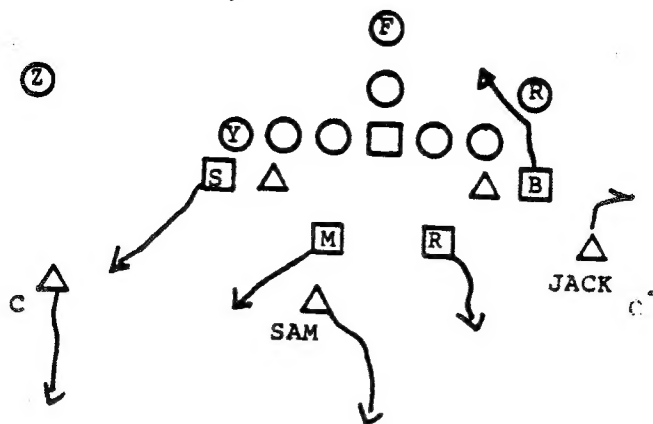
WACO BUSTER MUST BE ROVER



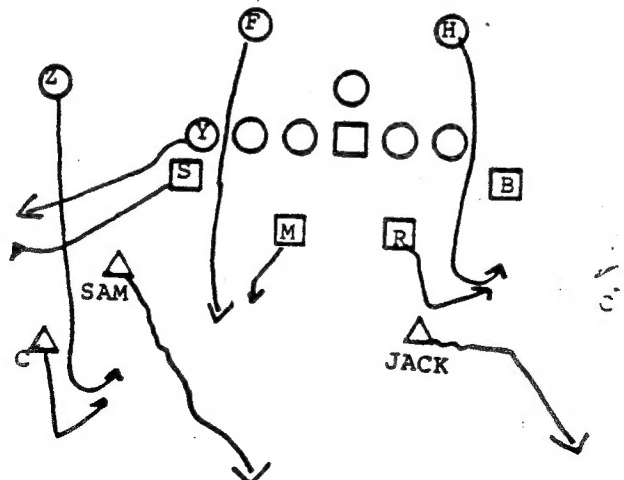
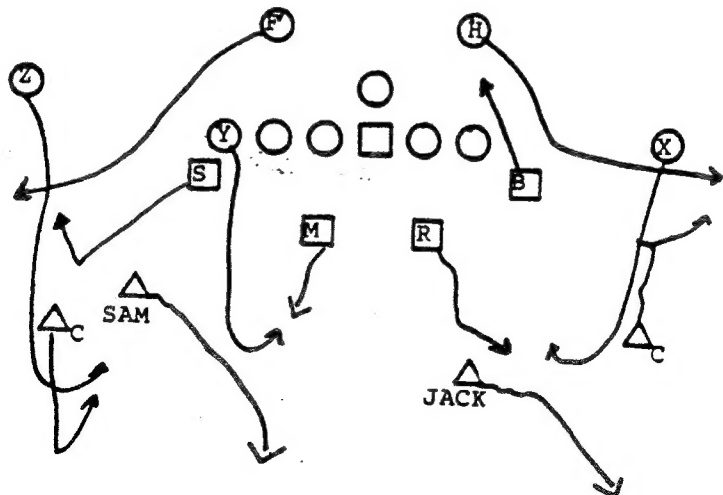
WACO VS SLOT (COULD BE BUCK)



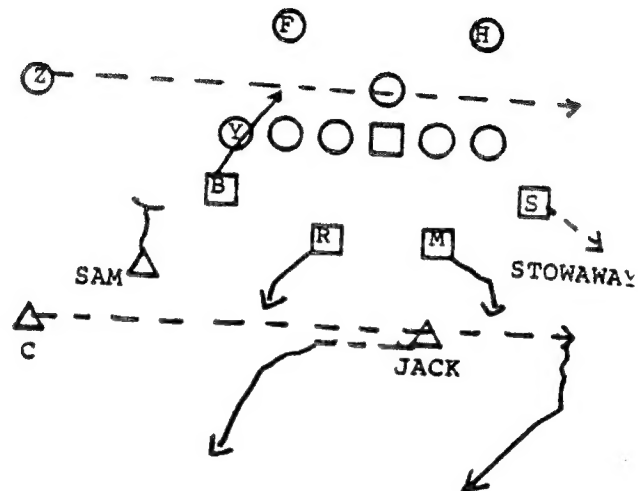
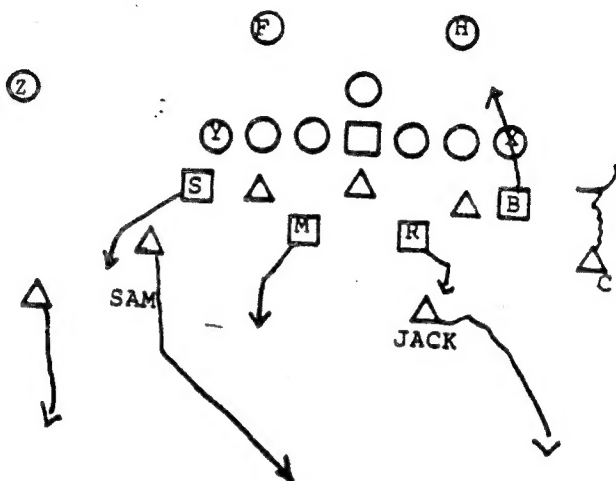
WACO VS ACE = SAM



NOTE: May Go to 30 Zone or Stub Star

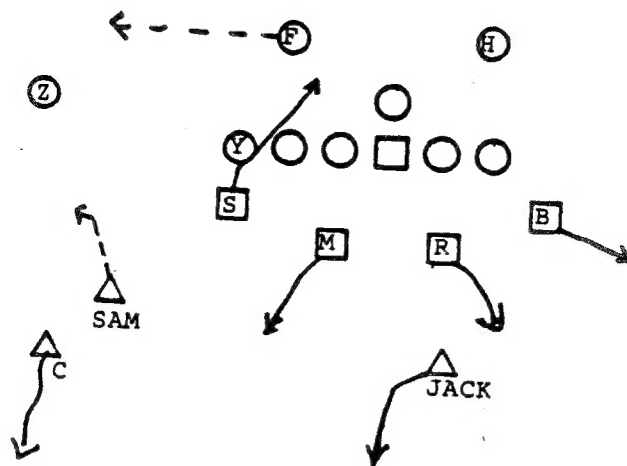
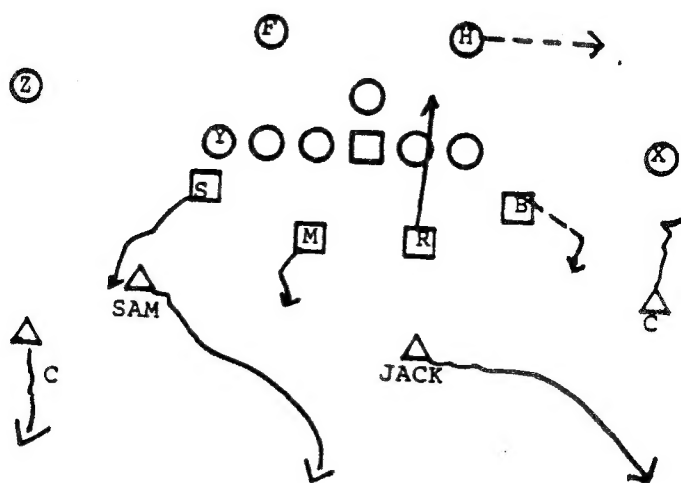


KEEP ON VS NEAR OR 2



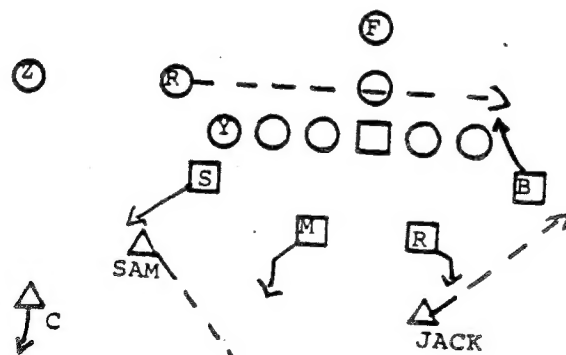
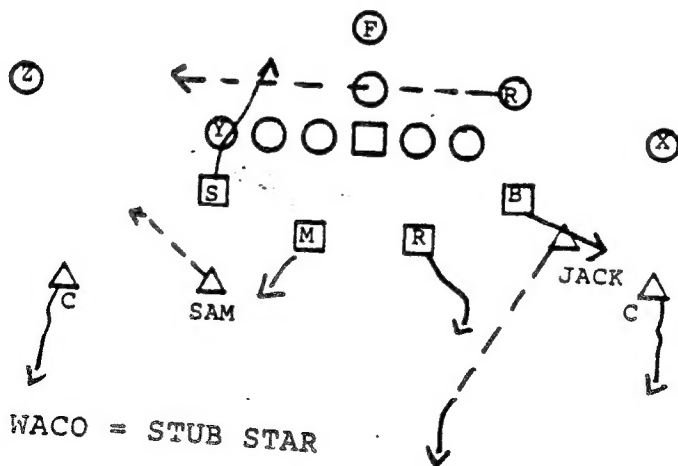
NOTE: MAY GO TO 30 ZONE OR STUB S
F MOTION

H-Peel BUCK = ROVER



MAY GO 30 ZONE OR STUB STAR

WACO = STUB STAR OR 30 ZONE



WACO = STUB STAR

STUB STAR = BUCK WACO